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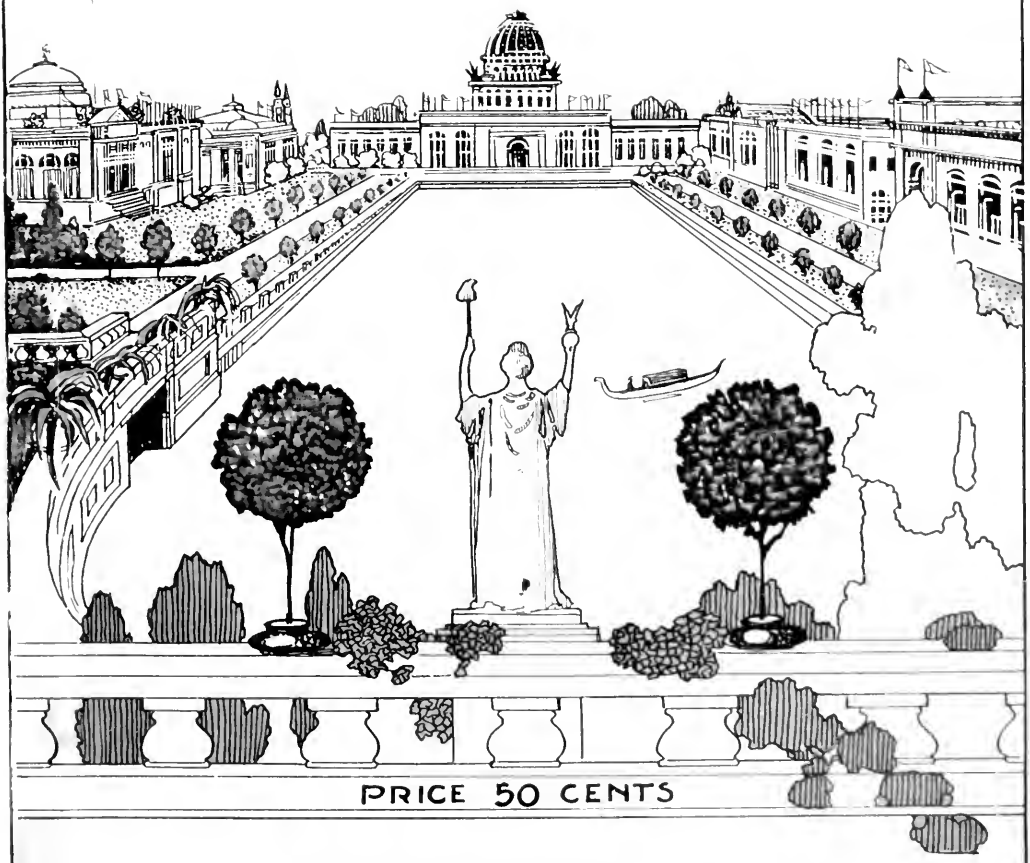
THE COURT OF HONOR COOK BOOK



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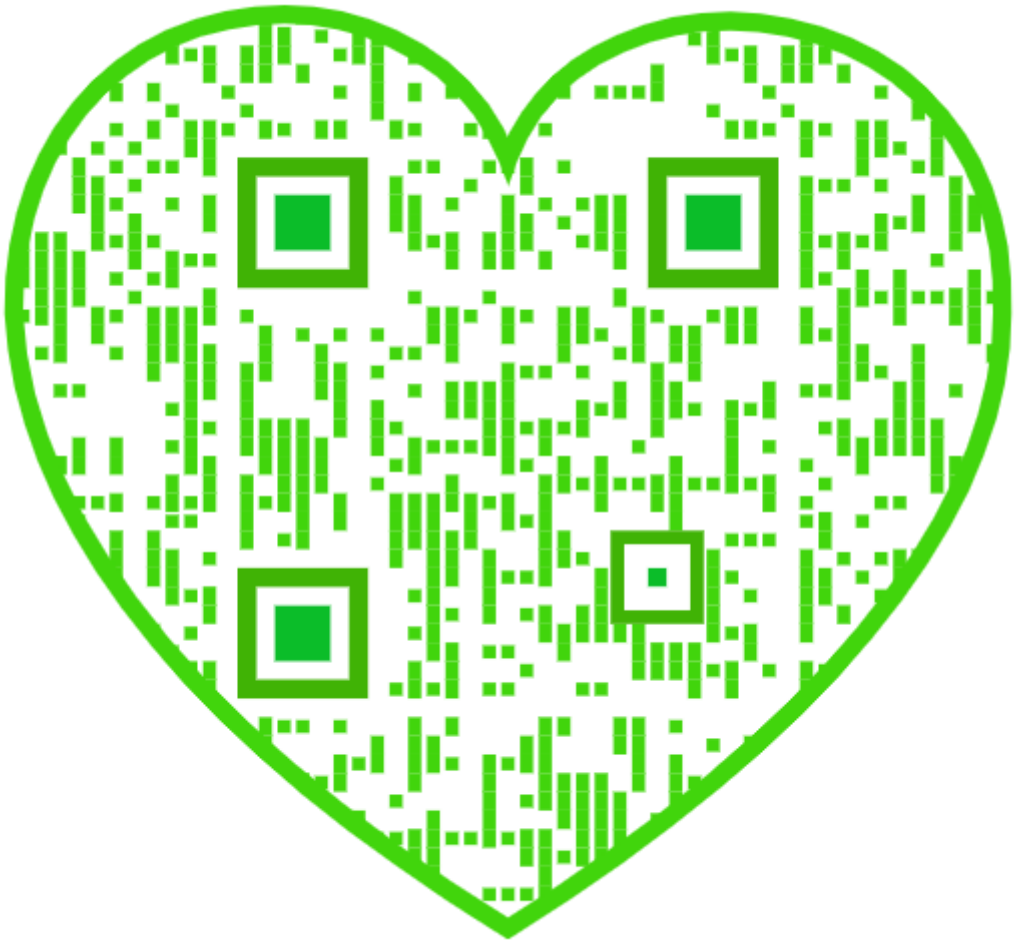

The Court of Honor Cook Book

For sale exclusively by members of the Court of Honor for the benefit of the Sanatorium and Homes Fund.

Compiled by

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INTRODUCTION

COOK BOOKS have two reasons for existing: first, that those whose duty it is to prepare foods may know what dishes to serve; second, that they may know by what method to prepare these dishes, if they have not learned by means of special training or by observation. It is hoped that this book may perform these two functions.

The recipes which are offered here have been made to fall under the classifications recommended by authorities on subjects of home economics.

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The Court of Honor Cook Book

RELISHES, OR HORS D'OEUVRES

COCKTAIL OF APPLE BALLS—I.

Peel large apples; with a potato scoop cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineapple and banana and put into glasses; add a few of the apple balls; pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once.

COCKTAIL OF APPLE BALLS—II.

Cut balls with a vegetable cutter from firm, nice apples, drop them in water and vinegar to keep from discoloring and mix with pineapple and other fruit. Put in cups and pour over it rich lemonade or lemon sirup. Serve as a cocktail.

APPLE BALLS SERVED IN SIRUP.

Prepare the apple balls; prepare a rich sugar sirup; color with a little pink color paste and drop in the balls; cook slowly until the balls are softened, pile in glasses and add a little sirup to each glass. Serve cold.

"HAPPY ELIZA."

Chop one dozen figs, six apples sliced but not peeled and add one pound granulated sugar. Add two quarts of water and boil rapidly for fifteen minutes. Strain and cool. Serve over crushed ice with a slice of orange on top.

PRUNE COCKTAIL.

Soak over night, stew and strain the largest prunes. Sweeten slightly, then cool thoroughly on ice and chop small. Add to the prune juice orange and lemon juice to flavor, stir in chopped fruit and serve in glasses banked with crushed ice.

QUINCE BALLS.

Here is something really worth while. When preparing quince preserves, cut them with a potato cutter into balls and preserve them whole. They are very pretty if cooked long and slowly and may be used for a garnish for ice cream, or if candied, will add greatly to the confectionery collection.

FRUIT SWEETMEAT.

Take one pound of dates, one pound of raisins, one pound of fresh preserved figs, half a pound of pinon nuts, a quarter of a pound of blanched almonds, half a pound of pecans and half a pound of Brazil nuts. Put all through food chopper, mix together well and pack in jam pots. Nice for sweet sandwiches, or sliced and eaten with cream or in tiny cubes and served with ice cream. Or it may be rolled in balls and dipped in fondant or chocolate icing and served as sweetmeats.

RAISIN SWEETMEAT.

Peel and core five large tart apples and cook tender with a wineglass of Madeira wine and half a pound of loaf sugar. When soft, add two and one-half pounds of raisins, split open and seeded, and water

enough to keep from burning. Cook slowly until it can be pressed through a sieve. Place in small pots or jars and seal like jelly. Serve cut in slices with sweetened cream, plain or whipped. If cut in wafer-like slices it makes nice sweet sandwich filling, first spreading the bread or biscuit thinly with cream cheese or nut butter.

STUFFED CELERY—I.

Wash tender celery hearts and put them into cold water to become crisp. Mash fresh cream cheese, then add chopped nuts and chopped olives to taste. Stuff the celery just before serving and serve with toasted crackers.

STUFFED CELERY—II.

Thoroughly clean perfect stalks of celery and cover with ice until crisp. Mix to a cream one-quarter pound of roquefort cheese, one-half pound of cream cheese, one tablespoonful of butter, one teaspoonful of Worcestershire dressing, one-eighth teaspoonful of paprika and one teaspoonful of finely chopped olives. Stuff celery with this mixture and serve ice cold on lettuce leaves. After the celery is stuffed cut it into two-inch lengths.

CRAB CANAPES.

Cut bread in slices a quarter of an inch in thickness, three inches long and an inch and a half wide. Spread with butter and brown in the oven. Mix a cup of crab meat with a teaspoonful of lemon juice, two drops of tabasco sauce, half a teaspoonful of salt, a few drops of onion juice and two tablespoonfuls of olive oil. Mark the bread diagonally in four sections and spread alternately with cheese and the crab mixture. Separate the sections with finely chopped pimentoes. Serve as the first course at a dinner or at supper.

SARDINE CANAPES.

Cut brown bread in circles, spread with butter and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped hard-cooked eggs, season with lemon juice and Worcestershire sauce. Spread on the circles. Garnish each with the center circle of hard-cooked egg, filled with a teaspoonful of the yolk put through a sieve or ricer.

TONGUE CANAPE.

Canapes are usually eaten with the fingers and served at the beginning of the dinner. Some elaborate kinds must be eaten with a fork. Toast triangles of graham bread, spread with butter. Cut slices of cooked tongue in small pieces, mix with creamed butter, add two tablespoonfuls of capers to each half cupful of tongue. Spread on the bread. Sprinkle with salt and cayenne and garnish with chopped watercress.

TOMATO JELLY TO SERVE WITH COLD TURKEY.

One quart of tomatoes, one teaspoonful of salt, one cupful of sugar, one teaspoonful of ginger, the juice of one lemon, two tablespoonfuls of corn starch. Strain the tomatoes, put them in a saucepan with the ginger, sugar, lemon juice and salt. Moisten the corn starch in two tablespoonfuls of cold water, add it to the tomato, boil a moment and turn into a mold to cool. Serve cold with the turkey.

FRIED APPLES.

Wash and dry tart apples. Remove the core. Cut in rings one-half inch thick. Fry in pork drippings or butter. When done remove to a hot platter and sprinkle with pulverized sugar.

BEET RELISH.

To one quart of cooked chopped beets add one quart of chopped cabbage, one cupful of sugar, one tablespoonful of salt, a teaspoonful of pepper, a half teaspoonful of cayenne, one cupful of grated, fresh horse-

radish and vinegar of the consistency to use as a sauce. Can cold. This will keep all winter and is very good.

PEPPER RELISH—I.

A good pepper relish is prepared by using chopped cucumber, onion and green tomato with equal parts of chopped red pepper, salted and covered with boiling vinegar. If liked quite hot add grated horseradish.

PEPPER RELISH—II.

Twelve green peppers, twelve red peppers, twelve onions. Remove the seeds from peppers. Chop, cover with boiling water for five minutes and drain. Heat three pints vinegar, two cupfuls sugar, two tablespoonfuls salt and pour over above. Cook slowly one hour, then bottle.

UNCOOKED TOMATO RELISH.

Chop fine one peck of ripe, firm tomatoes. Drain through a cloth over night. Then peel two large Spanish onions, chop fine with three green peppers and two cupfuls of sugar and one quart of vinegar. Stir and seal without cooking.

A SIMPLE RELISH FOR MEATS.

Boil and mash fine a few beets, season with salt and pepper with a generous amount of butter, then add grated horseradish to suit the palate, with a little lemon juice or vinegar to give it piquancy.

SOUPS

BESIDES being very nutritious food, soups are an economical one, since many once-cooked dishes may be well used in their preparation. Soups are here divided into three groups: First, clear soups, which, although stimulating, have little food value and, therefore, should not be served as the substantial dish of any meal. Second, the thickened soups, the foundation of which is vegetable, meat or fish puree, and milk, cream or stock. These soups are very nutritious and may be used as the substantial dish at luncheon or at supper. And third, chowders, most often composed of diced vegetables and fish cooked in their own liquor, and served, like all thickened soups.

CLAM BROTH EN BELLEVUE.

Take a dozen large cherry-stone clams. Wash them well and place them in a deep pan, covering them with a pint of water. Let them boil for ten minutes; the hot water will open the clams. Remove the clams and strain the broth through a cloth. Cut up the clams in tiny bits and put them in the soup. A little chicken broth may be added to the clam broth and a touch of whipped cream on the top of the individual cups.

CREAM CLAM SOUP.

Drain a quart of clams and chop fine; return to their own liquor and bring slowly to the boiling point. Then let the mixture simmer for twenty minutes. Strain through a fine sieve and thicken the liquor with one-third of a cupful each of butter and flour and season with salt and pepper. Scald four cupfuls of milk, to which has been added a slice of onion and two blades of mace. Strain and add the milk to the clams. Just before serving add the yolks of two eggs slightly beaten.

OYSTER SOUP WITH FISH STOCK.

Reserve the water in which fish has been cooked, or make fresh stock from the bones and trimmings of fish. If from the latter, strain carefully before using. Chop fine two leeks or two onions, a tablespoonful of parsley, two carrots, three potatoes and a bay leaf, and add to a quart of fish stock with seasoning of salt and pepper. Ten minutes

before serving add a half dozen oysters with their liquor. Sprinkle parsley over the soup just before serving.

OYSTER STEW.

Drop the oysters into boiling water and cook them a minute after the edges curl, then remove them to the tureen; add butter and salt to them and rich milk to the boiling water; when scalding hot pour over the oysters. A cupful of water may be used with a pint of rich milk.

JAPANESE SOUP.

Procure a head of salmon or bass and place in a saucepan with a sliced carrot, a sliced onion, two branches of celery, two branches of parsley, one bay leaf, a sprig of thyme and a clove. Moisten with three quarts of water. Season with two teaspoonfuls of salt, half a teaspoonful of pepper, one teaspoonful of curry powder and gently boil one and a half hours. Strain the soup through a cheescloth into another saucepan, add six tablespoonfuls of raw rice and gently boil fifteen minutes. Finely chop one branch of parsley and one small onion. Add to the soup, mix lightly and boil five minutes longer. Remove the skin and bone from a pound of fresh halibut, then cut in half-inch square pieces, add to soup and simmer fifteen minutes. Dilute an egg yolk in half a cupful of cream and the juice of half a sound lemon. Add to soup, carefully mix with wooden spoon. Do not allow the mixture to boil.

SALMON SOUP.

Grate an onion and cook in a quart of rich milk ten minutes. Cook two tablespoonfuls of flour with one of butter, season well, add half a canful of salmon chopped. Cook ten minutes all together, then put through a strainer and serve at once.

CHICKEN SOUP.

If you have boiled a fowl for salad or fricassee, take out three cupfuls of the water in which it was cooked. Put this in a porcelain pot, and add to it three slices of carrots cut in cubes or dice, one stalk of celery cut in small pieces, half of an onion chopped fine, six peppercorns, a bay leaf, if desired, and lastly, two tablespoonfuls of finely chopped, lean boiled ham. Let it all come to a boil gradually, simmer and then strain through a colander and add three tablespoonfuls of boiled rice. If this proves too rich, add a little water.

CONSOMME HUNTINGTON.

Cut two pounds of meat from the tough portion of the round. Cut in very small pieces, put into a soup kettle with three-pound shin of beef, the skin, bones and bits left from a boiled fowl. Add a small carrot, cut fine, one onion, a clove of garlic, one stalk of celery, one sprig of parsley, ten peppercorns, five allspice berries, two cloves, one-half a bayleaf, one-fourth of a teaspoonful of thyme and a quart of cold water. Cover and place on the back of the stove to stand one hour. Bring gradually to the boiling point and let simmer for two hours. Season with salt, pepper and strain through a double cheese cloth.

SCOTCH BROTH.

Let two pounds of mutton from the neck stand for an hour in two quarts of water. Heat slowly to the boiling point and skim, then allow to simmer for an hour. Add to it half a cupful each of chopped onion, of chopped carrot, of chopped turnips and of celery, which have been fried for five minutes in clean drippings, and half a cup of barley. Then let the soup simmer for three hours. Season highly, thicken with a little flour, and serve with a garnishing of chopped parsley.

VEAL AND SAGO SOUP.

Cover two and a half pounds of finely chopped veal with three quarts of water, bring slowly to the boiling point and simmer two hours. Soak for a half hour a half cupful of sago in cold water to cover, then add to the hot stock and cook thirty minutes; add two cupfuls of rich milk and pour the soup over the well-beaten yolks of three eggs. Season to taste.

PHILADELPHIA HOT POT.

Put a tablespoonful of drippings into a saucepan with a couple of pounds of beef ribs, two onions chopped fine, half a dozen little green peppers, a tablespoonful of minced chives, a tablespoonful of vinegar, a handful of raisins, eight olives, half a cup of tomatoes, a bit of thyme and pepper. Cover the saucepan and cook slowly until the meat is in rags and drops from the bones. At the last thicken with a couple of tablespoonfuls of butter rolled in flour and turn into a tureen over slices of hot toast.

JERUSALEM ARTICHOKE SOUP.

Cut up a peeled onion, one potato and a pint of artichokes, put into a saucepan with two tablespoonfuls of butter and fry for eight minutes, taking care not to brown. Then add a quart of white stock, pepper, salt and a piece of bay leaf, a sprig of parsley and piece of mace. Allow to simmer for one and a half hours, then rub through a sieve, using the back of a wooden spoon. Put back into the saucepan, add a cupful of rich milk and a tablespoonful of butter and flour cooked together. Serve with toasted bread cut in small cubes.

BAKED BEAN SOUP.

Put in a saucepan three cupfuls cold baked beans, three pints of water, two slices of onion and two stalks of celery; bring this to the boiling point and simmer for thirty minutes. Rub through a sieve, add one and a half cupfuls of stewed and strained tomatoes, a tablespoonful of Worcestershire or other sauce, season to taste with salt and pepper and bind with two tablespoonfuls each of flour and butter cooked together.

CABBAGE SOUP.

Remove the outer leaves from two small cabbages and cut into shreds with half a head of celery. Soak in boiling water for ten minutes, drain and cool in fresh boiling water for ten minutes. Once more drain and place in a pan with two pints of stock or water, one ounce of finely minced sweet herbs and pepper and salt to taste. Then bring to a boil and simmer for fifteen or twenty minutes. Serve with grated cheese.

CARROT SOUP.

One quart of thinly sliced carrots, one head of celery boiled in three quarts of water for two and one-half hours. Add one-half cupful of rice and boil for an hour longer; season with salt and pepper and add a small cupful of cream five minutes before serving.

CREAM OF CARROT SOUP.

Boil enough carrots to make a pint after being run through colander. Put one and one-half pints of milk with the carrots on stove. When boiling add three tablespoonfuls of flour moistened with a little cold milk. Stir constantly as it boils and at last add a little pepper, butter and saltspoonful of salt

CELERY SOUP.

One-half cup of rice, one bunch celery, two eggs, one quart milk. Boil the rice and celery separately, strain and put together and boil in the milk. Season with butter, salt and pepper. Before serving, add two well-beaten eggs.

CHEESE AND PEPPER SOUP.

Roast three large, green peppers, then throw them in cold water, and remove the skin. Shred them and fry in a spoonful of butter. Add two cupfuls of hot water and a little salt. Just before serving, add a few rolled crackers and a cupful of grated cheese.

CREAM OF CORN SOUP—I.

To two cups of canned corn add two cupfuls of water and a slice of onion, simmer twenty minutes and put through a puree strainer. Make a white sauce of two tablespoonfuls each of flour and butter and a pint of milk. Season well, combine mixtures and serve with popped corn over the top.

CREAM OF CORN SOUP—II.

Two cupfuls of canned corn or six ears of green corn grated or put through a vegetable chopper. Cook for fifteen minutes in a little water. Boil three pints of milk; add salt, pepper and a small lump of butter. When the milk boils add the corn (strained), and serve very hot. Put a dessertspoonful of whipped cream on each cup. A little celery, cooked and strained is a very appetizing addition to the soup.

CREOLE SOUP.

Add to a small diced turnip a small carrot, a large onion, two cupfuls of boiling water, a tablespoonful of rice and a cupful of tomato puree, that is, canned tomato put through a sieve to remove seeds. Cook until tender, rub through a sieve, add a cupful of boiling water, two tablespoonfuls of butter, a teaspoonful of salt and a cupful of small green peas. Reheat and serve.

MINESTRONE.

Take three pints of well-seasoned stock, add a cupful of cabbage finely shredded, one small onion, a half cupful each of peas, rice and string beans. Simmer gently until the rice is soft. Replenish the stock with water as it evaporates. Serve this soup without straining. Sprinkle with cheese before serving.

MOCK OYSTER SOUP.

Cook four onions, four large potatoes in two quarts of water until soft, mash fine, add one quart of rich milk. Season with a piece of butter and salt and pepper to taste. Serve with small cubes of toast.

CREAM OF ONION SOUP—I.

Slice three cupfuls of onions, place in a pan with butter and put into a hot oven and stir and bake until of a gold color. While hot press through a sieve, using water to facilitate the process. Add two tablespoonfuls of butter to three of browned flour, add a cupful of milk, and cook until smooth, then add a cupful of water, salt and a dash of red pepper, the onion mixture, and serve very hot, after adding at the last a cupful of thin cream.

CREAM OF ONION SOUP—II.

Peel and cut up rather small three good-sized onions and cook them in two ounces of dripping in a covered pan until tender, then moisten with one and a half pints of hot water in which cauliflower or beans have been cooked or if this is not available, plain water. Add some slices of bread cut diagonally and season with pepper and salt. Cover the pan again and let the contents simmer for at least an hour. Crush the onions through a sieve and just before serving gradually add a tablespoonful of grated cheese, stirring rapidly into the soup to blend.

GREEN PEA SOUP.

Shell one-half peck of green peas, wash the pods and boil in a kettle with plenty of cold water until tender. Strain water from pods upon peas and boil until done. Keep out one cup of peas, mash the other peas, put in kettle with three pints of milk and the cup of whole peas and bring to a boil. Season with salt, pepper and parsley. Thicken with butter and flour. Let come to a boiling point.

SPLIT PEA SOUP—I.

Take a soup bone and one pint of split peas, put on back of stove in cold water and let it come slowly to a boil. Let it cook slowly all day: about two hours before it is needed season to taste. Onions may be added if desired. This makes a very nice supper dish, is easily prepared and needs very little attention.

SPLIT PEA SOUP—II.

Wash and soak overnight one pint of split peas. Next morning put them into a pot with two quarts of water. Meantime fry until brown two sliced onions and a stalk of celery in two ounces of clarified dripping. Put them in with the peas with two slices of bread cut diagonally, a teaspoonful of salt and half that amount of pepper. Bring to the boiling point, simmer for one and a half hours, rub through a sieve, add one pound of mashed potatoes, return it all to the pot and bring once more to the boiling point. Strain if desired. If the soup is not thick enough add a tablespoonful each of flour and butter rubbed together and let the soup heat for five minutes longer. This soup is very nutritious and would take the place of meat.

POTATO SOUP.

Cut three medium-sized potatoes into thin slices, add one small slice onion and two tablespoonfuls of rice. Boil in water sufficient to cover. Parsley heightens the flavor, but it should be lifted out when well cooked. When the potatoes are done blend a piece of butter the size of an egg with two tablespoonfuls of browned flour and stir it into the soup. This gives a rich color and appetizing flavor. Milk may be added, but it should be used sparingly. Carrots, beans, peas and other left-over vegetables may be added to such soup. Drop dumplings are nice to serve with this soup. Take one egg, one-half eggshell of water, a pinch of salt and one teaspoonful of baking powder. Add enough flour to make a dough that will drop easily from a teaspoon. Remove when they rise to the top of the soup.

POTATO AND ONION SOUP.

Cook four large potatoes and four onions together in enough boiling water to cover. When quite tender put through a sieve. Reserve the water in which they were cooked and add it to the vegetables while pressing through the sieve, as it hastens the process. Blend together two tablespoonfuls of butter and flour, add a pint of milk, stir until boiling, then add the potato and onion pulp. Season well with salt and pepper and serve sprinkled with chopped parsley. This is a most acceptable soup for a cold winter night.

CREAM OF SPINACH SOUP.

Press one cupful of cooked spinach through a sieve, add one pint of hot white sauce, two cupfuls of broth and seasoning. Pour over the well-beaten yolks of two eggs, which have been beaten, with a cupful of cream.

SWISS POTATO SOUP.

Wash, pare and cut in halves four small potatoes. Wash, pare and cut in slices one large white turnip. Parboil together ten minutes,

drain, add half an onion cut in slices, and three cupfuls of boiling water. Cook until vegetables are soft; drain, reserving the water to add to the vegetables after rubbing them through a sieve. Add one quart of scalded milk, reheat, and bind with shortening and flour cooked together, using four tablespoonfuls shortening and half a cupful of flour. Season with salt and pepper.

TOMATO SOUP WITH STOCK.

One quart of brown soup stock, one can of tomatoes, one-half teaspoon of peppercorns, one bay leaf, three cloves, four tablespoonfuls of butter, one-half cup flour, one-quarter cup each of diced onion, carrot, celery and raw ham. Salt to taste. Cook the vegetables and ham, in butter, for five minutes, then add other ingredients and cook slowly for one hour. When done rub through a coarse strainer and serve hot.

CREAM OF TOMATO SOUP—I.

Cook a half can of tomatoes with four cloves, a slice of onion and two tablespoonfuls of chopped green pepper, which have been cooked five minutes in a tablespoonful of butter and a teaspoonful of sugar. Season with salt and red pepper. Strain after cooking fifteen minutes and add a fourth of a teaspoonful of soda, then pour over a quart of rich milk, which has been thickened with four tablespoonfuls each of flour and butter, cooked together.

CREAM OF TOMATO SOUP—II.

Boil together one pint of canned tomatoes and one quart of boiling water and steam; there should be four cupfuls of the puree. Add to this one tablespoonful of soda; when it foams adds one pint of sweet milk, seasoned with salt, pepper and butter. Bring to the boiling point. At this time cracker crumbs may be added to thicken the soup; or, the milk may be thickened with one-half cupful of flour, then seasoned and added to the tomato. Serve the soup at once.

VEGETABLE SOUP—I.

Wash and scrape a small carrot, cut it in quarters lengthwise and then in thin slices. Wash and pare and cut a turnip in the same-sized pieces. Prepare a cupful and a half of diced potatoes and a half cupful of celery. Peel and slice one-half onion. Mix all the vegetables except the potatoes and cook in four tablespoonfuls of hot fat, stirring constantly. Add the potatoes; cover and cook two minutes, then add one quart of fresh boiling water and simmer an hour. Beat with a spoon to make smooth, season, and serve with a bit of parsley butter on top of each soup dish.

VEGETABLE SOUP—II.

Cook the following vegetables for forty-five minutes: A half cupful each of diced potatoes, chopped cabbage, beans, onions, three-fourths of a cupful of diced turnips, a four of a cupful of diced carrots, a teaspoonful of salt, and two tablespoonfuls of butter added just before serving. Cover to cook with a quart of water and see that the evaporation of the water is supplied with fresh so that a quart of water is left to serve with the vegetables

VEGETABLE PUREE SOUP.

Melt one ounce of well-clarified dripping in a pan and cook in it till tender, but without coloring, four ounces of onions, two ounces of celery and a bunch of herbs; then in five minutes lay in one pound of potatoes, or carrots, or turnips, what you wish to use, peeled and cut up; cover the pan and let its contents cook for twelve to fifteen minutes longer, shaking the pan now and again to prevent the vegetables burning. Then add a quart of liquid, with a few peppercorns and seasoning,

and let it all simmer till tender (for about one and a half hours), then rub it through the sieve, reheat, add a mixture of flour and milk and use. For the mixture rub a little flour, say a dessertspoonful, smooth with some cold milk, water or stock, then add this to the soup and let it all cook for five minutes longer.

BEAN CHOWDER.

Wash two cupfuls of red Mexican beans; soak over night in two quarts of water. In the morning add a medium-sized onion and cook until the beans are tender, adding water so that they keep the two quarts. When the beans are tender add two medium-sized potatoes, cut in dice; one pint of strained tomatoes and a cup of cooked macaroni. Boil for an hour. Season with salt, pepper and add diced, fried bacon, with two tablespoonfuls of the bacon fat. This dish is good reheated. Half of this quantity will be sufficient for a family of six.

CLAM CHOWDER.

Fifty clams, one-half pound of fat salt pork, the contents of a quart can of tomatoes, eight medium-sized onions, seven large potatoes, one-half cup of flour, dissolved in a cup of cold water; seasoning to taste. Grind or chop the pork and fry, but do not brown it; add the chopped onions, then the tomatoes and put in six quarts of water. Boil slowly for three or four hours, add the potatoes, cut into dice, and cook a half hour longer. A half hour before removing from the fire stir in the flour and water, and ten minutes before taking from the fire put in the clams with their liquor.

CANNED CORN CHOWDER.

Cut in small bits and try out a piece of pork one and a half inches square; add one sliced onion and cook for five minutes, stirring often, that the onion may not burn. Strain the fat into a stewpan. Parboil for five minutes in enough boiling water to cover, four cupfuls of potatoes cut in quarter-inch slices; drain, and add two cupfuls of boiling water. Cook until the potatoes are soft, then add one can of corn and four cupfuls of scalded milk, and heat to the boiling point. Season with salt and pepper, add three tablespoonfuls butter and eight common crackers soaked in enough milk to soften them. Remove crackers, turn chowder into a tureen, and put the crackers on top.

CORN CHOWDER.

To make the chowder, cold cooked ears of corn may be utilized. Grate or cut from the cob enough to make a quart of corn. Cut into small pieces one-half pound bacon or fat salt pork and cook in a frying pan until brown. Just before it reaches this stage add a medium-sized onion minced fine to brown. Put into a stewpan a layer of diced potatoes, sprinkle over some of the browned onion and bacon, then a layer of cut corn, with salt and pepper to season. Next add another layer of potatoes, more bacon, onion and corn, and so on until the material has been used, having corn at the top. It will require four or five potatoes, depending upon the size. Add a cupful and three-quarters of boiling water, cover the pot and cook gently for thirty minutes. Make a cream sauce, using two tablespoonfuls each of butter and flour and two cupfuls of hot milk. When cooked smooth and thick add to the kettle of chowder a few crackers broken and stirred in at the last and a tablespoonful of minced parsley. Serve hot.

FISH

CONVENIENCES of transportation have made it possible for those who dwell inland, away from the Great Lakes or the sea, to find in season almost all kinds of fresh fish in any market. Fish is so valuable a meat that we must know how to cook it to tempt the most delicate appetite. Fish should replace meat in at least one dinner each week, and in one form or another it should occasionally enter the breakfast, luncheon or supper menu.

OYSTER COCKTAIL.

Have the oysters very cold and free from bits of shell. Put four or five in a cocktail glass and just before sending to the table, cover with the following dressing: One tablespoonful of lemon juice, five drops of tabasco sauce, one tablespoonful of tomato catsup, one tablespoonful of grated horse radish, half a teaspoonful of Worcestershire sauce, and salt to taste. Serve with celery and thin bread and butter sandwiches.

OYSTERS IN PEPPERS.

Cut the top from as many peppers as there are guests to serve. Remove the white membrane and fill each pepper with six fine oysters; cover with sauce made of one tablespoonful of tomato catsup, one teaspoon each of horse-radish and made mustard, six drops of Worcestershire sauce, one drop of tabasco sauce and a dash of paprika. Set each pepper in a wreath of shredded cabbage, well chilled and marinated with French dressing.

CREAMED OYSTERS.

Carefully handle each oyster to remove all shells. Use only one-half cupful water to each pint of oysters. Make a rich white sauce of three tablespoonfuls each of flour and butter, cooked together until the butter is bubbling hot, then add one and a half cupfuls of rich milk, a half teaspoonful of salt and a few dashes of celery salt and red pepper. Cook a pint of oysters in a double boiler until plump and the edges curl, drain, pour into the white sauce and serve hot with buttered toast or in timbale cases or patty shells.

DRESDEN OYSTERS.

Chop two dozen large oysters with a tablespoonful of melted butter, an unbeaten egg, one-third the bulk of bread crumbs (or sufficient bread crumbs to make dry enough to form into balls) a tablespoonful of parsley, and a little onion juice if liked. Season with salt and paprika, form into balls, and bake ten or fifteen minutes in a hot oven, until the outside is well browned. Serve with a parsley garnish.

CURRIED OYSTERS.

Put one tablespoonful of butter and two of finely chopped onion in a saucepan. Shake over the heat until the onion is lightly browned; add a teaspoonful of curry powder; a teaspoonful of flour and one cupful of stock, with a few drops of lemon juice. Put some oysters, a few at a time, on a hot griddle and brown on both sides. Drop them into the sauce, bring to the boiling point and serve at once.

DEVILED OYSTERS.

Wash, drain and cut oysters in two; into a saucepan put four tablespoonfuls of vinegar, half a teaspoonful of made mustard, a dash of cayenne, a pinch of sugar and salt, with two tablespoonfuls of butter; simmer together; add about a pint of oysters and cook until well curled. Place on a hot dish and garnish with pieces of lemon.

OYSTER AND VEAL CROQUETTES.

Take a half pound of veal, one pint of oysters, the yolks of two eggs, a quarter of a cupful of cracker crumbs and a small piece of suet. Pass the veal, oysters and suet through the meat grinder, mix with the crumbs, that have been soaked with the oyster liquor and add the eggs. Season highly with salt, pepper and celery salt and a pinch of mace. Mix well together, shape in croquettes, dip in egg and crumbs and fry in deep fat. Serve on a mound of mashed potatoes.

OYSTER LOAF.

Cut the end off a stale loaf of bread, scoop out the inside, crumble this very fine. Take one quart of oysters, drain off the juice. Mix bread crumbs with oysters, season with salt, pepper, butter and a dash of paprika. Moisten with the juice of the oysters. Place this in the loaf, put on end and bake about twenty minutes.

OYSTERS AND CORN BREAD.

Fry oysters in hot fat after rolling them in corn meal, well seasoned. Serve with a sauce made of half a cupful of catsup and the juice of half a lemon, seasoned with sugar, salt and pepper. Serve hot corn bread with the oysters.

BAKED OYSTERS AND MACARONI.

Break three-fourths of a cupful of macaroni in inch pieces and cook in boiling salted water until tender, drain and pour over the macaroni a quart of cold water to keep the pieces from adhering. Wash and pick over a pint of oysters. Put a layer of one-half the macaroni in a buttered baking dish, cover with one-half the oysters, sprinkle with salt and pepper, dredge with flour and dot with two tablespoonfuls of butter, cover with macaroni and another layer of oysters, then buttered crumbs. Bake in a hot oven twenty minutes.

OYSTER PIE.

Wash and drain a quart of oysters; make a rich baking powder biscuit crust, roll out an inch in thickness, line a shallow dish and fill with the oysters, seasoning well with salt, pepper and a dash of mace. Put an inverted cup in the center of the dish and cover with another crust. Prick deeply with a fork and bake in a moderate oven.

OYSTERS ROASTED IN SHELL.

Wash and wipe the shells of large oysters and place directly over the blaze with the deep half shell underneath to catch the juice after the oysters open from the heat. Serve hot after carefully removing the top shell, leaving the oyster in its juice in the deeper shell. At each place have a tiny cup of sauce made of melted butter, lemon juice and a dash of Worcestershire sauce, in which the oysters are dipped before eating.

CLAM COCKTAIL.

When the clams are in the glass sprinkle them with minced green or red pepper. If they are little-neck clams add one teaspoonful of very fine minced cabbage, and pour over the same amount of cocktail sauce as for oysters, and made in the same way.

CREAMED SHRIMP AND PEAS.

One-half pint milk, piece of butter size of an egg. Heat in frying pan, add salt to taste and thicken with corn starch. Remove from the fire, add one can shrimp and one-half can peas. This is a suitable dish for supper.

FRIED FROG LEGS.

One of the simplest ways of serving these delicacies is to dip them in sweet milk, roll in seasoned flour and then fry slowly until crisp in

sweet butter or drippings. Serve on a bed of water cress garnished with lemon quarters.

CODFISH BALLS—I.

Boil together one quart of sliced raw potatoes and one pint of flaked fish. Mash when the potatoes are tender and add two tablespoonfuls of cream or milk, a piece of butter the size of an egg and one egg well beaten. Beat together with a spoon, drop by rounded spoonfuls into deep jar and fry like doughnuts or pancakes. Do not be fearful that the mixture is not thick enough. It should be quite moist.

CODFISH BALLS—II.

Take a quart bowl of codfish picked very fine, two bowls of whole, raw peeled potatoes sliced thick, put in plenty of cold water and boil till well cooked. Remove from fire and drain off water; mash with potato masher, add a piece of butter size of an egg, one well-beaten egg and three spoonfuls of cream or milk. Flour your hand, form into balls or cakes; put an ounce of butter or lard into frying pan when hot; put in balls and fry a nice brown. Do not freshen the fish before boiling with the potatoes. Many cooks put them in deep fat similar to doughnuts.

FRESH FISH BALLS.

With a silver fork pick some remnants of cooked fish and sprinkle with salt and pepper. Pass through a vegetable ricer a few hot boiled potatoes; to these add a little fish stock or sauce or cream, also salt, pepper and beat as for mashed potatoes. To the fish add just enough of the hot potato to hold the fish together. Shape into balls, roll in crumbs and egg, then in fine crumbs, and fry in deep fat.

COD EN CASSEROLE.

Prepare inch-thick slices of fresh cod fish, wipe dry with a soft cloth. Dot the bottom of the casserole with butter and lay in the slices of fish. Dust lightly with flour, salt and pepper, dot with butter and repeat as before. When all the fish is used pour over it half a cupful of water or fish stock, a third of a cupful lemon juice and a bit of the rind. Add finely chopped parsley and a little onion. Put on the cover and bake until tender.

CODFISH OMELET.

Allow one egg for each person. Separate yolks and whites, beating the latter until stiff. Heat one level tablespoonful of butter in a fryer. Whip the yolks with two tablespoonfuls of milk for each four eggs used, then mix in the whites carefully, adding a dash of pepper. Have a cupful of cooked flaked salt codfish. Pour the egg into the hot fryer, and as the bottom of the egg sets spread the fish over; then begin with a broad-bladed knife and turn the omelet gently from the bottom, tipping the pan to allow the uncooked egg to drain out and cook.

COTTAGE PIE OF CODFISH.

Take the leftovers of fresh codfish with the bones carefully removed, put in a pie dish and season with salt, pepper and paprika. Pour over some melted butter and cover with oysters; a pint is sufficient. Over these place mashed seasoned potato and bake for half an hour.

HADDOCK AU GRATIN, WITH SAUCE MORNAY.

Carefully clean and wash a haddock weighing about three pounds; do not remove the head or tail. Cook the fish in a pint of boiling water to which you have added a small onion, sliced; a sprig or two of parsley, several whole cloves, a small bay leaf, a quarter of a cupful of vinegar, half a teaspoonful of salt and a few peppercorns. When the fish is done remove and let it cool, then flake; strain the broth. Measure the flakes

of fish. For a pint and a half, scant measure, a pint of sauce will be sufficient. Prepare as follows: To a pint of fish broth allow three tablespoonfuls of butter and a quarter of a cupful of flour; stir the flour into the melted butter; add two cupfuls of the broth and season to taste with salt and pepper. When the sauce boils add two ounces of Parmesan cheese and stir rapidly until the cheese melts. Take from the fire and mix in three tablespoonfuls of butter chopped in bits. Have ready a quart of Duchess potatoes (plain mashed will do), pipe an oblong au gratin dish or earthen baking dish with a potato border two inches high; put in a layer of sauce; on this spread some fish, then sauce, and fill the dish up in this way, having the top layer of the sauce. The potato border of piping must be high enough to keep the sauce from running out. Cover the top with a layer of two tablespoonfuls of soft butter, grated cheese and a large tablespoonful of bread crumbs, and place in oven to brown.

BAKED STUFFED HADDOCK.

Wash, scale and wipe a large fresh haddock, and remove the eyes. Prepare a stuffing with two ounces chopped suet, one ounce of bread crumbs, one teaspoonful herbs and parsley, and season with salt and pepper. Mix the stuffing with half an egg. Stuff the body of the fish with this, and sew up the opening. Pass a trussing needle, threaded with string, through the tail of the fish, center of body and the eyes, draw the fish up into the shape of a letter S, brush it over with beaten egg and sprinkle some bread crumbs over it and a few pieces of dripping. Bake in a brisk oven for about half an hour or longer, basting frequently. Serve with brown sauce or gravy.

NORWEGIAN FISH PUDDING.

Take uncooked haddock, bone, flake, put into a bowl or wooden mortar and pound or chop until the fiber is fine and broken; add salt and white pepper, a little finely grated onion and a dash of mace. Then add butter, fish stock and thin cream until of the consistency of thin batter. Steam two and a half hours in a well-buttered mold. Serve with drawn butter sauce.

HADDOCK WITH TOMATO SAUCE.

One pound of flaked haddock, one tablespoonful of salt, one tablespoonful of butter, one-half saltspoonful of pepper, one tablespoonful of flour, one slice of onion and one cupful of cooked and strained tomato. Melt the butter, add the flour and seasonings and the tomato. Add the haddock and cook in the sauce.

HADDOCK WITH TOMATOES.

Wipe the haddock and put it in a pie dish with a little milk and water, and cook it in the oven till tender. Skin three tomatoes, and cut them into slices; peel and chop finely half an onion. Cook four ounces of rice in salted water till tender, and drain. Skin and bone the haddock, and flake it. Melt an ounce of butter or dripping in a saucepan, add all the above ingredients, season with salt and pepper, and beat up thoroughly. Serve on a hot dish, and sprinkle over some chopped parsley.

BAKED HALIBUT STEAKS WITH DRESSING.

Take two slices of halibut, sprinkle both with salt; put one slice in a buttered pan and make dressing as for turkey. Spread dressing quite thickly on one slice of the halibut already in pan and put the other slice on top; cover with dots of butter and rolled cracker crumbs. Bake with little milk in the pan. It is better if cooked in double roaster. Bake as usual.

BROILED HALIBUT.

Slice the fish, season with salt and pepper and brush with melted butter and let stand for an hour. Roll in flour and broil over a clear

fire or in a well-oiled skillet for twelve or fifteen minutes. Place on a dish with a garnish of parsley and quarters of lemon.

OMELET WITH HERRING.

Cut off the head and the tail of a nice fat smoked herring. Split in two through the back, remove spinal bone and skin and finally cut into small square pieces. Place on a plate with enough milk to cover. After allowing it to stand for an hour remove from the milk and drain pieces on a cloth. Heat one and a half teaspoonfuls of butter in a frying pan, add fish and fry for five minutes, tossing once in a while. Break eight fresh eggs into a bowl, add two tablespoonfuls of milk, half a teaspoonful of salt, three saltspoonfuls of pepper, and sharply beat with a fork for two minutes. Drop the eggs into pan containing the fish, mix with a fork for two minutes and allow to stand for half a minute. Fold opposite sides to meet in the center, allow to rest for a minute and serve hot.

BAKED MACKEREL.

Wipe two mackerels with a damp cloth, and cut off the heads and tails. Remove the backbones and place them backs down. Season well with pepper and salt, cover, place in a slow oven and steam in their own juice for half to one hour, according to the oven. Serve in the same dish.

BREADED SALT MACKEREL.

Soak one salt mackerel over night in lukewarm water, or better, milk and water. In the morning drain, wipe dry and brush both sides with melted butter. Roll in dried bread crumbs, slightly salted and peppered. Have ready one beaten egg or egg yolk, and dip the mackerel in this, then roll it again in crumbs. Pan-broil in a little hot dripping or lard and lay it on strips of buttered toast. It is nice to serve quartered tart apples with it, either fried or baked.

BAKED PICKEREL EN CASSEROLE.

Remove skin and bone from pickerel. Cut in pieces and size desired for serving. Place in a casserole. Cover with boiling water and vinegar—a half cupful of vinegar to one and one-half cupful of water. Add three slices of onion, a bay leaf, three peppercorns, one teaspoonful of mustard seed, three slices of lemon, one teaspoonful of sugar, one of salt. Cover and bake until the fish is tender. Remove the fish, thicken the broth with flour and butter cooked together and serve with lemon butter.

SCALLOPED FLAKED SALMON.

Take one small can of salmon and one cup of bread crumbs. Mix one egg, one cup of milk, butter, salt, pepper and a little parsley. Sprinkle bottom of baking dish with bread crumbs, put the salmon in and pour mixture over it. Sprinkle top with bread crumbs. Bake twenty minutes.

BAKED STUFFED SALMON.

Clean a four-pound salmon and fill with the following dressing: Half a cupful of finely chopped apple, a cupful of bread crumbs, a little chopped parsley, onion, salt and pepper and a beaten egg. Wrap in oiled paper and while baking baste the paper often with water to keep it moist. Serve with lemon and parsley.

SALMON CUPS.

Chop finely a can of salmon, add a half cupful of bread crumbs, two tablespoonfuls of melted butter, one tablespoonful of lemon juice, two well-beaten eggs, salt, pepper and half a cupful of rich milk. Mix well and pack in oiled cups, set in a pan of water and bake until firm. Turn out and serve on hot individual plates with a white sauce.

SALMON LOAF.

One can of salmon, two eggs, one cup of cracker or bread crumbs, one-half cup milk. Season to taste and one tablespoonful butter. Mix all together and bake one-half hour, or till brown.

SALMON HASH.

One can salmon, flaked, one cupful rolled cracker crumbs, one cupful milk. Have two tablespoonfuls butter melted in a hot frying pan put in the cracker crumbs, stir; then add the flaked salmon; stir these together, season well with pepper, salt and a dash of cayenne and then mix one-quarter teaspoonful of dry mustard with the oil that was on the salmon, and stir into the mixture. When the whole is thoroughly heated through and thick it is ready to serve. This makes an excellent dish to prepare on short notice.

CREAMED SHRIMPS.

Stir in a sauce pan one heaping tablespoonful of flour with enough milk or cream to make a paste; add one and one-half cupfuls of milk, the yolk of one egg well beaten, a tablespoonful of butter, salt and pepper to taste and one cupful chopped shrimps the last thing. Serve hot on toast or salted wafers.

BROOK TROUT A LA CASCADE.

Get good-sized trout, freshly caught, if possible. Remove the fins and have the fish drawn at the gills. Wash well in cold water. Cut in each fish several slanting gashes through the skin. Put into a baking pan of agate or porcelain a little bacon dripping or butter. Then lay in the fish and over them spread a mixture of two tablespoonfuls of butter whipped to a cream with a teaspoonful of finely minced parsley, teaspoonful of lemon juice, two or three dashes of pepper and salt to taste. Then mix a quarter of a teaspoonful each of salt and pepper with two kitchen tablespoonfuls of white wine and pour over the fish. Cover with heavy, buttered paraffin paper and bake in a moderate oven about twenty-five minutes. Baste two or three times, or as often as necessary. Carefully remove the dish to a heated platter, strain the sauce in the pan into a half pint of sauce Hollandaise, beat thoroughly and pour over the fish, and serve.

BROOK TROUT BAKED IN CREAM.

Butter a baking dish, lay in the well-dressed trout and cover with a rich, sweet cream. Put into the oven to heat slowly, then to brown. Serve in the dish in which it is baked. Season late in the cooking, so that the cream will not curdle.

TUNA IN PEPPERS.

Cut six peppers in halves lengthwise, remove the seeds and soak in cold water. Beat four eggs until light, add a cupful of sweet milk, two cupfuls of tuna, a cupful of bread crumbs and seasonings. Pack into the peppers and sprinkle the tops with well-buttered crumbs. Bake in a hot oven and eat hot.

Note.—The peppers should be soaked in cold water and parboiled ten minutes before they are stuffed.

CHOP SUEY WITH FISH.

Put a tablespoonful of butter in a deep frying pan and fry in it a pound of fresh pork and a cupful of diced celery and chopped onions. Cut the pork into bits, cover with a cupful of water and a can of mushrooms with the liquor from them. Cook slowly for an hour, then add a cupful of finely chopped peanuts and a cupful of flaked tuna, season highly and simmer for another half hour. This is such an unusual com-

bination that it will be enjoyed by those who are looking for a new gastronomic sensation.

WHITE FISH EN CASSEROLE.

Pound half a pound of white fish until smooth, add a slice of bread which has been soaked in milk. Beat together, put through a meat chopper, then through a sieve, add two eggs, two tablespoonfuls of chopped meat, one tablespoonful of melted butter, salt, pepper and paprika to taste. Mix well. Decorate a fish mold or a casserole with slices of tomatoes, pour in the mixture and press it down, cover with buttered paper, set in a pan of boiling water and bake twenty minutes in a hot oven. Serve with Dutch sauce.

(See Sauces.)

FISH STUFFED WITH RICE.

One cupful of boiled rice, one cupful of bread crumbs, one cupful cold chopped meat. Mix and season with salt, chopped mango, onion and celery, one teaspoonful each. Clean a whitefish, fill with this preparation and bake as usual. Serve with tomato sauce.

BOILED FISH.

Drop the cleaned fish into boiling salted water with a tablespoonful of vinegar, a few whole black peppers and cover the kettle tightly. Do not cook until the fish falls from the bones, but until the end of the tail cracks easily when broken. Serve with drawn butter sauce.

SAUTED FISH STEAKS.

Cut the slices about three-quarters of an inch thick, wipe them dry with a cloth, sift a little flour over each slice, dust with pepper and salt and fry in plenty of butter until a delicate brown. Serve with brown drawn butter sauce. Horse-radish, whipped cream, salt and vinegar makes a good sauce to serve with fish.

FISH HASH.

Take equal parts of cold flaked fish and cold boiled potatoes, chopped fine. Season with salt and pepper. Put butter in a saucepan, and when melted add the fish and potatoes, stir until well warmed, then let brown underneath. Turn as an omelet.

PICKLED FISH.

Cut the fish up into convenient pieces, rub them well with salt, and let them lie for a few hours. Then put in a pan with water to cover them and bring to the boiling point. When boiling move the kettle back where they will boil slowly from three to five minutes, but not longer, or the bits will fall to pieces. Lift the pieces out carefully and pack them in a crock, putting a thin layer of sliced onions between each layer of fish, and while still hot pour cold spiced vinegar over to cover them.

MEATS

BEEF LOAF—I.

Chop finely two pounds of round steak, add the grated rind of half a lemon, one slightly beaten egg, two tablespoonfuls of melted butter, a level teaspoonful of salt, a little pepper, a little chopped parsley, if liked. Place in the baking pan on a piece of thick buttered paper, and baste frequently with a cupful of hot water in which two tablespoonfuls of butter have been melted. Bake thirty minutes or more. This may be served with brown gravy or tomato sauce.

Note.—One-half to one cupful of coarse bread crumbs may be added

to the beef, and one or more cupfuls of milk, if a larger, less expensive loaf is desired.

BEEF LOAF—II.

Take one pound of fat pork, one pound of lean beef, two eggs, one cup of bread crumbs, six Irish potatoes, one small teaspoonful salt and pepper, season with sage. Run the potatoes and meat through a colander and mould in a loaf. Spread butter on top and bake one hour.

SWEET PEPPERS IN MEAT LOAF.

Prepare the favorite loaf with the usual seasonings, then add washed, well-chopped, seeded peppers, allowing seven to an ordinary meat loaf. If the peppers are green the color and flavor makes a most attractive dish.

ORIENTAL BEEF.

One and one-half pounds of round beef, one-half pound fresh pork, one onion, two green peppers, one cupful crumbs. Salt to taste. Put all through meat chopper. Mix thoroughly, form into loaf, place in pan, lay three slices of bacon on top, pour over it one can tomatoes. Bake in steady oven one and one-half hours. Thicken gravy and strain.

HAMBURGER CAKES.

Force through the meat chopper two or three pounds of raw beef, cut from the lower part of the round, add thin slices of bacon finely chopped, and season with salt, pepper, and if desired, a little chopped onion. Shape in small flat cakes, using as little pressure as possible. Put in a hot greased frying pan, and brown on both sides, or shape in one flat steak and fry.

HAMBURG STEAK EN CASSEROLE.

Prepare and season the steak with a dash of cloves and onion juice, with salt and pepper. Make in small cakes and brown on both sides. Place in a casserole with button onions, carrots and potatoes cut in balls; cover with stock and cook slowly until the vegetables are tender. In broiling over coals or under gas or in pan broiling, the steak should be quickly seared on both sides to keep in all the juice; then the cooking may be prolonged until sufficiently well done to suit the taste.

HAMBURG SPAGHETTI.

Take a pound of chopped steak, one egg, one-quarter cupful of bread crumbs, one teaspoonful of grated onion, salt and paprika to taste. Take a can of tomatoes for the sauce, add one onion sliced, one sweet green pepper chopped, two sprigs of parsley chopped, one pint of water, one teaspoonful of salt and paprika. Cook together the butter and flour, add to the tomatoes and seasoning and cook half an hour, put through a sieve into a casserole. Mix the meat with the seasonings and roll into balls. Brown them in a little hot butter and put them into the casserole. Cover and cook slowly for an hour. Cook spaghetti in salted water, drain and sprinkle with cheese and add to the casserole. Serve hot from the dish.

BEEF AND TOMATO.

Brown the meat in suet in a pot with one onion chopped fine; pour on it enough water to keep it from burning. Cook until tender. Add twelve tomatoes, pepper and salt to taste, and simmer for an hour. This is an excellent way to use the less tender, less shapely cuts of beef.

BEEF RIBBED STEAKS.

Cut out a thick steak from between the bones, soak it in vinegar and oil and season with salt and pepper. Broil on each side for five minutes. Prepare some maitre d'hotel butter on a hot dish, lay the steaks upon it and glaze over the top.

MEDFORD STEAK.

Pound round steak with a wooden potato masher until the meat is thin. Cut in uniform pieces, lay on a small bit of uncooked bacon, a little chopped onion, season well, roll; tie and cook in a baking pan with a little butter for an hour.

MOCK DUCK.

Take a large round steak about two inches thick and pound it on both sides. Take five thick slices of bread, five cold boiled potatoes, one stalk of celery, one small onion and a little parsley. Chop all very fine. Add one egg and one large spoonful of butter, and season with pepper and salt, spread the stuffing over the steak, roll and tie; put in a roasting pan, add a little water, and place in a moderate oven. Baste often and bake until tender. Remove meat to a platter and thicken the gravy.

PEPPER STEAK.

Pound a round steak until well broken, cut in strips, sprinkle with chopped green pepper and lay on a piece of bacon, roll up and tie, and cook these rolls in the oven, basting with water and butter. Season when half cooked. Onion may be used in place of the pepper if so desired. Pour over a thin cream sauce and serve hot.

SMOTHERED STEAK.

Brown a piece of round steak in a hot pan, add a chopped onion and water to simmer gently for an hour on the back of the stove. Season well and dredge with flour when half done. A sauce may be made to serve with the steak by melting two tablespoonfuls of butter, add two of flour, and when cooked add the liquor from the steak. Pour around it and serve hot.

STEAK WITH CLAMS OR OYSTERS.

Broil a sirloin for five minutes, searing well on both sides, remove to a platter, butter well and cover with clams from which the tough muscle has been removed, or with fresh oysters. Sprinkle with salt and pepper and dot with bits of butter. Place on the top grate of a hot oven and cook until the shell-fish are done.

STEAK AND OLIVES.

Take about two pounds of rump steak, brown well in frying pan with a little butter, then put in a casserole with a little water and bake slowly three hours. Then put in enough water to make a sufficient gravy and add one pint of carrots cut in cubes. About half an hour before serving put in a small bottle of stuffed olives cut in halves. Serve in the casserole. The meat will not need much salt, because the olives are salty.

STUFFED FLANK STEAK EN CASSEROLE.

Lay the steak upon a board, spread over it a thin layer of bread dressing, roll very compactly; fasten the side and ends to inclose the dressing. Cut a slice of fat salt pork or bacon in bits and let cook until the fat is drawn out. Dredge the roll of meat with flour and rub it in thoroughly; then brown it in the fat, turning the roll as it browns until the whole surface is nicely colored. Set the meat in a casserole or an agate dish that can be tightly closed; put in also an onion, sliced very thin, half a carrot cut in thin slices and a cupful of tomato puree. Rinse the frying pan with a cupful of boiling water, turn this into the dish, cover and let cook three hours or longer, in the oven. Let the heat be very moderate. Have ready two tablespoonfuls flour, half a teaspoonful salt and one-fourth teaspoonful pepper, mixed to a smooth paste with cold water. Stir this into the liquid in the casserole. Let the sauce boil

two or three minutes, then strain it over the meat. Place boiled onions around the dish.

STUFFED BEEFSTEAK.

Take a round steak and spread it an inch thick with chopped bread and butter, seasoned with pepper and salt, sage and a little onion if liked. Roll the steak, tie, lay in a baking pan with thin slices of salt pork on top. Pour a little water around it, cover closely and bake in a moderate oven.

SPICED ROAST BEEF.

Take a roast from the round three inches thick, and with a sharp knife make incisions in the form of a cross through the meat. Into this insert a slice of bacon, rub well with salt and pepper and sprinkle with flour. Put the roast into the pan, pour over a dressing made as follows: Half a cupful of vinegar into which is stirred a tablespoonful of sugar, a fourth of a teaspoonful of mustard, a few grains of allspice. Add a little water for basting, and cook slowly. This is good cold.

POT ROAST OF BEEF.

Put a small piece of suet into an iron pot, and when it is hot lay the meat in this, season with salt and pepper, and turn until browned on all sides. Pour over the meat a cup of hot water, cover closely and cook very slowly for three or four hours. When done remove the meat to a heated platter, add water to the pot, thicken the gravy and pour over the meat.

GERMAN POT ROAST.

Boil slowly in salted water enough to cover it, a piece of lean beef weighing about three pounds. In the water with the beef boil a small carrot, one onion, two slices of turnip and a leaf or two of cabbage until they are tender. Remove the vegetables and let the meat simmer until all the water has cooked away, allowing the meat to brown well, turning it frequently. Then chop half a cupful of fat salt pork finely and add to it a cupful of flour and milk to make a batter as for pancakes. Roll the roast around in the batter and return it to the kettle. Pour a little water in the bottom of the kettle and place in a hot oven to brown the crust well. Serve with a gravy made from the liquid remaining in the kettle when the roast is done.

BEEF, MADRAS STYLE.

Slice two small onions and an apple chopped in a half tablespoonful of curry powder, one teaspoonful of flour and the juice of half a lemon. Toss well together after the apple and onion are fried in a little butter. Add one cupful of cold roast beef gravy and one and a half pounds of sliced roast beef. Simmer twenty minutes and serve with rice and apple and pepper sauce.

VINAIGRETTE OF BEEF.

Cut in thin slices some left-over boiled beef and let it lie an hour in a marinating mixture made as follows: Thin one scant teaspoonful of mustard with enough oil and vinegar to soak the meat in. Use half and half oil and vinegar, or three times as much oil as vinegar, according to taste. Add salt and pepper and chopped fine herbs to taste. A little chopped onion may be used and the dish in which the meat is marinated may be rubbed with a clove of garlic.

BEEF RAGOUT.

Heat a tablespoonful each of drippings and butter in a hot pan, add a half of an onion chopped, and when yellow turn in a cup of tomatoes; when simmering turn in slices of cold beef, cook slowly, seasoning with salt and pepper.

BEEF STEW.

Buy a five-pound cut from the neck. After cleansing it with a damp cloth, cut it up in two-inch cubes, season with salt and pepper and dredge with flour. Try out some of the fat in a hot frying pan and brown a third of the meat until the entire surface is seared. Put into the kettle with the rest of the meat and rinse the frying pan with boiling water, which is added to the stew. Add the bone, well broken, and cover with boiling water. Set on the back part of the range and simmer for three hours. The last hour, add a half cupful each of carrots and turnips, cut in small pieces; one-half onion, and salt and pepper to season. Cook four cupfuls of potatoes, cut in pieces in boiling water for five minutes; drain and add to the stew. Remove bone and large pieces of fat and skin. Add a thickening of a half cupful of flour mixed smooth with the broth. Steam the dumplings, if dropped with a teaspoon into the kettle, for ten minutes; if larger, cook fifteen minutes.

BRAZILIAN STEW.

Cut up a few onions, tomatoes and carrots; have ready two pounds of the shin of beef, cut into pieces about two inches long, and dip each piece into vinegar. Put the vegetables and meat, with some pepper and salt, into a saucepan without any water (or in a casserole in the oven), and let all simmer for four hours. There will be plenty of gravy and the meat will be very tender. Shin of beef is inexpensive.

GOULASH.

This is a famous dish, inexpensive and most appetizing. Cut two pounds of flank in small cubes and put into a flat-bottomed saucepan or kettle. Season well with salt and pepper and cover with a layer of sliced onion and potatoes until enough is used for the family, alternating the meat and vegetables. Cover with sufficient cold water; when it comes to the simmering point cover with a pint of tomatoes, cover and set back and simmer without stirring for two hours.

FRIZZLED CHIPPED BEEF.

Make a sauce of milk, butter, salt and enough flour to thicken. Brown in frying pan a piece of butter the size of a walnut, turn into it one can of chipped beef, toss over fire for two minutes; pour sauce over it and boil three or four minutes.

STEAMED DRIED BEEF.

Prepare a spiced vinegar as for fruit pickles, only less highly seasoned. Cut very, very thin slices of dried beef in narrow strips, diamond or any fancy shape, and cut with scissors. Steam the beef in the vinegar for one hour. Serve hot with toasted wafers.

BRAISED LAMB WITH BARLEY.

Two pounds of lamb from shoulder, two cupfuls of pearl barley, one small Spanish onion, one cupful of tomatoes (canned), salt and pepper to taste. Have the butcher cut the meat into suitable pieces to serve, removing any unsightly edges or fat. Place a piece of suet in a deep skillet and as soon as hot put in the meat and let it sear quickly on all sides. As soon as all meat juice has been absorbed pour on enough water to cover, then simmer slowly for half an hour. Now stir the barley into the liquid, cut the onion into slices and lay on top of the meat, then pour the tomato over. Cover and let simmer for about two hours. See from time to time that the barley does not settle or the liquid boil off. Toward the last, season to taste. Try not to mash the meat and barley. When the meat is tender the barley will be soft and puffed. Serve on a platter with the meat in the center, surrounded by the barley, and pour the tomatoes and onions over with just enough of the

liquor to moisten, or if gravy is liked, the liquor may be thickened with a little dissolved flour. If need be a little more hot water may be added during the cooking.

CREAMED LAMB WITH PEAS.

Melt two tablespoonfuls of butter in a spider. Cook two tablespoonfuls of flour and one-fourth of a teaspoonful each of salt and pepper in butter, then stir in slowly one-half cupful of cream and one-half cupful of water. Stir till the sauce thickens, then add one and one-half cupfuls of cooked lamb cut in small pieces and one cupful of green peas. Serve on rounds of toast, season with butter, pepper and salt on top of each portion.

CURRIED LAMB—I.

Remove the bones from two pounds of lamb from the neck, cut in inch squares and fry brown in butter. Take out the meat and fry two chopped onions, one chopped apple and a half tablespoonful of curry powder, three tablespoonfuls of chopped cocoanut, one teaspoonful of sugar, half cupful of milk and half a cupful of good stock and the pieces of lamb. Cook slowly for fifteen minutes, remove the fat, add salt and a tablespoonful of lemon juice. Serve with the sauce and boiled rice as a border.

CURRIED LAMB—II.

Put two pounds of lamb in a stewpan with sufficient water to cook it, having previously washed it. Let it stew slowly till the meat comes easily from the bones. When cool, cut it into small pieces. Fry a small onion in two ounces of butter to a light brown, add a tablespoonful of curry powder and half a spoonful of curry paste; mix all together with half a pint of good gravy or stock, put in the meat and let it stew gently half an hour. Serve boiled rice separately.

FOREQUARTER OF LAMB.

This is the most economical of roasts of lamb. Have the butcher take out the shoulder blade and stuff this pocket with bread crumbs, which have been browned with a little onion and butter in a frying pan. Roast and serve with brown gravy and currant jelly.

LAMB LOAF.

Put two cupfuls of left-over lamb that has been freed of skin, bones and bristle, through the food machine, with three green onions, two sprigs of parsley and half a small cucumber that has been peeled, quartered lengthwise and the seeds removed. Put in a mixing bowl, with two cupfuls of fine white bread crumbs, two eggs well beaten with a cupful of milk, a level teaspoonful of salt and a few grains of pepper. Stir to mix thoroughly and pack into a well-oiled bread pan. Stand the pan in a larger one containing hot water and put it into the oven to bake for forty minutes. Then, if ready to serve, turn it out on a hot platter, pour a little Flemish sauce around it and send it to the table with the remainder of the sauce separate in a bowl. To make the sauce, put a tablespoonful each of butter and flour on the stove in a small saucepan and stir and cook a little. Add a cupful of boiling water, a teaspoonful of made mustard, two tablespoonfuls of freshly grated horse-radish, a teaspoonful each of chopped parsley and green onion. Stir to mix thoroughly until very hot and use as directed.

LAMB SOUFFLE.

Melt one tablespoonful of butter, add one-half tablespoonful flour and stir until well blended; then pour on gradually, while stirring constantly, one cupful of milk. Bring to the boiling point, add one-quarter cupful of soft stale bread crumbs, one-half teaspoonful salt, one-quarter

teaspoonful celery salt, few grains of pepper and a few drops of onion juice. Remove from the range, add one cupful finely chopped cold cooked lamb, yolks of two eggs, beaten until thick and lemon-colored; then cut and fold in the whites of two eggs, beaten stiff and dry. Turn into a buttered baking dish and bake thirty minutes in a moderate oven. Serve with tomato sauce. Beef, veal or chicken may be used instead of lamb. This dish is easily prepared and a splendid way to use left-overs.

BAKED MINCED MUTTON.

Fry two finely minced onions, add to this any savory herds and finely hashed mutton seasoned well with pepper, salt, nutmeg, and moistened with gravy. This is put on a layer of seasoned and mashed potatoes and another layer is put on top of that and baked.

MUTTON EN CASSEROLE.

Brown in a hot frying pan, in a small amount of fat, a pound of mutton cut in pieces of a size to serve. Put into a casserole with finely shredded carrots; add water and seasonings, cover and cook in the oven for two hours. Add peas just before serving.

MUTTON CURRY.

Slice raw, lean mutton, cover with water, add two onions, a piece of ginger root and a few cloves; cook until tender. Strain off the gravy and add a tablespoonful of sugar, two of lime juice, a teaspoonful of curry, salt and cayenne. Then simmer for twenty minutes and serve.

MUTTONETTES.

Cut from a leg of mutton slices about one inch thick. On each slice lay a spoonful of stuffing made of bread crumbs, beaten egg, butter, salt, sage, pepper. Roll up slices, pinning with little skewers or wooden toothpicks to keep dressing in. Put a little butter and water in a baking pan with the muttonettes and cook in hot oven three-quarters of an hour. Baste often and when done thicken the gravy, pour over the meat, garnish with parsley and serve on hot platter.

STUFFED LEG OF PORK.

The following would be better by removing the bone from the leg of pork to make room for the stuffing: Make a deep incision in the meat and fill with dressing made as for chicken and seasoned highly with onion. Skewer the places together and rub the outside of the meat with salt, pepper and a little powdered sage. Bake very slowly and baste often. Strain the contents of the pan, put in a little cold water to make the fat rise, then skim and thicken, using a rounding tablespoonful of flour to one cupful of the liquid. Let the gravy cook eight minutes.

BAKED PORK TENDERLOIN.

Split the tenderloin lengthwise and fill with a well-seasoned stuffing; tie and cover with thin slices of salt pork; roast in oven, allowing twenty minutes to the pound and basting every fifteen minutes. Make brown gravy and add a half teaspoonful of Worcestershire sauce. Serve with creamed onion.

BAKED SPARE RIBS.

Anyone who likes spare ribs will find this an improvement over boiling them. Put spare ribs in cold water and let cook for almost an hour. Into a baking dish put a layer of raw sliced onions. Lay the spare ribs on this and finish dish with another layer of onion and the top layer of potatoes. Add enough hot water to half fill dish and bake one hour, covered the first half hour. Serve with boiled cabbage.

PORK STEAK WITH SEASONED TOMATO SAUCE.

Try this for a change: Roll the steaks in egg and cracker crumbs

and fry a golden brown in hot fat. While they are cooking make this tomato sauce: Fry a small onion, chopped fine, in one tablespoonful of butter; when brown, add one-half can of tomatoes and stew a few minutes, then put through a sieve. Heat and add one tablespoonful sugar, season with salt and pepper and add a pinch of soda. Thicken with one teaspoonful corn-starch. Arrange your meat on a platter and pour the sauce around the meat.

FRESH PORK CAKE.

Take as much fresh pork as you like, remove the bone and run the meat through a chopper. Season as desired and make into round balls or flat cakes. Put into roasting pan, cut up onions and potatoes, placing these in the pan also. Sprinkle with salt, add a little water and bake until done.

FRESH HAM PIE.

Cut up some fresh ham and parboil, then add a few potatoes, two onions cut fine, season with pepper and salt, add a cream sauce and cover with a crust. Serve as chicken pie.

PORK APPLE PIE.

Line a baking dish with rich pie crust and put a layer of apple, then one of fresh all fat pork, sliced as thin as possible; repeat till plate is full enough, then sprinkle a little salt over top of apples, half cupful sugar, pinch of cinnamon or use nutmeg to taste. Cover with top crust, brush over with milk and bake.

PORK LOAF.

Have the butcher grind one and one-half pounds fresh pork, then add sixteen soda crackers, four eggs, one onion, one teaspoonful nutmeg, one teaspoonful salt, one cupful hot water; mix well; shape into a loaf, put into roaster and cover; bake in moderate oven about forty-five minutes.

PORK SAUSAGE—I.

Use two teaspoonfuls white pepper, one-fourth teaspoonful allspice, three teaspoonfuls sage, two pounds of lean fresh pork and one pound fat fresh pork. Pass the pork through a food chopper, add the seasonings and mix well. This sausage is excellent used at once. All fresh sausage deteriorates if it is kept more than two days.

PORK SAUSAGE—II.

Take five pounds of fresh, raw pork, five teaspoonfuls of salt, five teaspoonfuls of pepper, three and a half teaspoonfuls of sage, one teaspoonful of summer savory and three-fourths of a teaspoonful of thyme. These herbs should be measured lightly, not as we usually level off the teaspoon when measuring. Place all together in a large mixing bowl and mix thoroughly before putting into the cases. Pack the sausage into the bags, leaving a two-inch lap at the top to tie with a string. When the sausage is wanted the cloth may be turned back and the sausage sliced in rings. A most attractive sausage may be put up in corn husks and tied up with strips of the husk, then sacked with the rest of the meat. The flavor of the corn adds to the savory sausage.

AMERICAN SAUSAGE.

Pass two pounds each of fresh pork and ham through a meat chopper; chop one small onion, one green pepper, one red pepper and four sprays of parsley, cut fine. To the meat and vegetables add one teaspoonful of powdered basil, half a teaspoonful each of curry powder and paprika, a teaspoonful of salt, two eggs, well beaten and one cupful of rich milk. Mix all the ingredients together, adding more onion and other seasonings if desired. Spread half a yard of cheesecloth on a meat

board; on this lay strips of thin sliced bacon, side by side; on the bacon place the sausage rolled, spreading the ends with slices of bacon, then roll in the cloth. Tie the ends and two or three places through the center or sew it well. Let cook in boiling salted water (to which half a cupful of vinegar has been added) for three hours. Let cool under a weight. Serve cold, sliced thin with potato, cabbage or string bean salad.

SCRAPPLE.

Cook one pound of fresh pork until it drops from the bones. Pick the meat to pieces and strain the liquor, of which there should be one pint. Put the liquor and meat on to boil and thicken with Indian meal until it will harden enough when cold to cut up and fry in slices. Season the liquor with pepper and salt.

BOLOGNA SAUSAGE.

To one pint of pork, lean and fat, take two pints of beef, mix well, and for each pound of meat add a teaspoonful of salt, a half teaspoonful of pepper and a half a clove of garlic, finely chopped. Put this in casings and smoke for two weeks. After smoking freeze and pack in boxes, cover and keep in a cold place. They are better a few weeks old.

CASSEROLE OF SAUSAGE, SPAGHETTI AND APPLE.

Cover the bottom of a buttered baking dish with well-cooked spaghetti; over this put a layer of sausage meat, well seasoned, then a thick layer of chopped apple, slightly sweetened. Cover with buttered crumbs and bake until the apple and sausage are cooked. A bit of onion added to the sausage seasoning improves the flavor of the dish.

SAUSAGETTES AND TOMATO.

Take three small pork sausages and dip in cold water for a few minutes. Now slip off the skin and form the meat into flat cakes. Fry in a small pan until nicely browned. Pour off the surplus fat and add one-half cupful of left-over tomatoes, a little chopped peppers and, if the mixture is too thin, a little rolled cracker meal may be added. As soon as hot serve on a heated plate and press small toast points around edge.

BACON AND RICE.

Boil one cupful of rice in plenty of boiling salted water until done. Put in a colander and wash several times in cold water or hold under faucet and let plenty of water run over it. Then place in a round casserole with one-fourth cupful hot water. Sprinkle the top with paprika and cover with very thin slices of bacon. Cover and bake thirty minutes in a slow oven. Uncover and brown the bacon and serve at once.

DRY-CURED HAMS.

For one hundred pounds of meat take four pounds of fine salt, four ounces of saltpeter and one pound of brown sugar; mix well, and rub the hams with the mixture every other day until all is absorbed.

BAKED HAM.

Boil over a slow fire a medium-sized ham in sufficient water to cover, add one tablespoonful of vinegar and skim frequently to remove the grease that rises to the top. When tender, take out and remove the rind, slash the fat on top, and stick a clove in each slash. Rub it over with a little maple syrup or brown sugar and bake in a slow oven forty minutes.

BAKED HAM, GERMAN STYLE.

Soak a ham over night in cold water. In the morning remove the skin. Mix a tablespoonful of powdered sage, a teaspoonful of cloves, a

half teaspoonful of cinnamon and a few dashes of pepper. Rub this into the meat, then sprinkle with chopped onion. Make a paste of flour and water and spread it over the ham. Bake four hours, basting it occasionally. Remove the paste before serving.

SPICED HAM.

In a porcelain-lined kettle put a bag of spices, cinnamon, mace, cloves—a half teaspoonful of each. Into the kettle put a quart or two of cider and place a well-cleaned ham which has been soaked overnight. Cook six or eight hours. Cool before taking it out of the cider. Remember, the acid of cider will act on any metal like tin, and it should never be put into a tin dish.

BARBECUED HAM.

Lay cold fried ham in the following sauce and reheat: One tablespoonful of vinegar, a teaspoonful of sugar, a saltspoonful of dry mustard, pepper and salt if needed. Lay the meat in this and let it absorb it.

HAM AND BEAN CASSEROLE.

Cover a two-pound slice of ham with milk and let stand for several hours. Put the ham in a casserole and cover with two cupfuls of kidney beans which have been well seasoned with mustard, sugar, salt and a bit of onion. Cover with the milk and bake until the beans and ham are tender—about three-quarters of an hour.

HAM IN MILK.

Take a slice of ham cut at least two inches thick. If very salt parboil it and then place in a baking pan and cover with sweet milk. Bake for an hour or more in a slow oven. Thicken the milk with butter and flour and serve it with the sauce poured around it.

HAM WITH TOMATO SAUCE.

Rub a half can of tomato through a sieve. Put two tablespoonfuls of butter with the tomato into a saucepan. Add a quarter of a cupful of stock or milk and a teaspoonful of onion juice. Season with salt and pepper. Brown the ham on both sides and pour the sauce over it.

FRIED SALT PORK—I.

Slice salt pork in slices a little thicker than bacon, remove the rind, place in a skillet of cold water and add a quarter of a teaspoonful of soda, bring to the boiling point. Rinse with cold water, dredge with flour and place in an oiled skillet. Sprinkle lightly with red and black pepper and sift in a small amount of sage. Now sprinkle with sugar about as one would salt the same amount of fresh pork. Do not use too much. Lastly, dust with nutmeg to give a pleasant aroma, but not sufficient to taste. Fry a light brown on both sides and remove to a hot platter. Pour off the grease from the top, leaving about two tablespoonfuls of grease in the skillet. Place a heaping tablespoonful of flour in the skillet and stir till it becomes a rich brown. Pour in about a pint of milk and bring to the boiling point. Season with salt. Serve the gravy and meat separately.

FRIED SALT PORK—II.

There is no more appetizing meat dish when well prepared than the following: Parboil slices of pork in boiling water, then roll in flour and fry until brown. In the fat which has been tried out, stir flour and cook until brown, then add milk and seasonings and serve with baked potatoes and the fried pork.

ROAST CUTLET OF VEAL.

Get a thick piece of veal from the upper part of the leg and have the bone removed. Fill the cavity with a stuffing made of one cupful of

bread crumbs, moisten with a half cupful of water, one-third of a cupful of melted butter, one-fourth of a teaspoonful of salt, a half teaspoonful of powdered thyme and pepper to taste. Tie into a round shape. Dredge with salt, pepper and flour. Put strips of pork over the top and bake. Add water as soon as the flour has browned and baste often. Cover with a paper to prevent burning and allow half an hour to each pound of the veal.

VEAL WITH MUSHROOM SAUCE.

Broil the steaks slowly over a clear fire, turning often so that they will not scorch. When done keep the meat hot on a platter in the oven while you make the following sauce: Drain the liquor from a can of mushrooms and cut the mushrooms in halves. Cook together a tablespoonful of butter and one of browned flour until they are dark brown in color. Pour upon them the mushroom liquor and a cupful of beef stock. Stir to a smooth sauce, salt and pepper and add the halved mushrooms. Cook for two minutes, stirring constantly, then pour over and around the veal steaks.

SOUTHERN VEAL STEW.

Peel and boil half dozen onions fifteen minutes, drain and slice thin. Lay two pounds of veal, sliced thin in a stewpan, season with little salt and pepper. Cover the veal with the onions and dot with pieces of butter rolled in flour. Finish with powdered nutmeg and grated rind of lemon; let simmer slowly.

CREAMED VEAL ON TOAST.

Save some veal from stew. Make a white sauce, using part milk and part stock. Cut the veal in small dice, add to sauce, season and serve on moist toast.

Note.—Left-over veal may be jellied if wished.

VEAL LOAF—I.

Chop fine one-half pound salt pork, two pounds veal, mix thoroughly with two tablespoonfuls melted butter, two eggs, one cup bread crumbs, one cup milk, salt and pepper to taste. Add a little finely chopped onion if liked. Make into a loaf and bake two hours.

VEAL LOAF.—II.

Chop sufficient cold veal to make two cupfuls; chop ham to make a half cupful. Add salt, onion juice, a teaspoonful of lemon juice and a quarter of a teaspoonful of mustard. Add a quarter of a cupful of cracker crumbs to the same quantity of butter. When well mixed add to the meat with a dash of cayenne. Line a shallow bowl with the whites of eggs cut in strips. Moisten the seasoned meat with a thick white sauce, then pack it tightly in the bowl. Cover with buttered paper and steam for an hour. Cool, turn out and garnish with watercress or parsley.

VEAL AND HAM PIE—I.

Take one and a half pounds of cooked veal, two hard-cooked eggs, a little mace and cayenne pepper, half a teaspoonful of grated lemon rind, half a pound of cooked ham, one teaspoonful of flour, a teaspoonful of salt, one tablespoonful of chopped parsley, one chopped onion, a few mushrooms and herbs. Cut the veal and ham into thin slices, mix the spices, herbs and seasoning and flour, roll each piece of meat in the seasoning and lay in a pudding dish, alternating with ham, eggs cut in slices and the mushrooms. Add a cupful of water, line the edges of the dish with paste and cover with a crust. When baked add a little stock or gravy. Serve hot or cold.

VEAL AND HAM PIE—II.

Cut two cupfuls of veal and one-half cupful of ham into small pieces and season with pepper and salt to taste. Chop finely a half cupful of mushrooms and some parsley, put them into a stewpan with one small onion chopped and a tablespoonful of butter. Fry lightly, then add a pint of stock and simmer five minutes. Put all together into a baking dish and cover with a crust. Bake and serve hot or cold.

HEART A LA FRANCAISE.

Fill the heart with a stuffing made as follows: Take a half cupful of crumbs, two tablespoonfuls of finely chopped suet, a teaspoonful of parsley chopped, some sweet herbs, salt and pepper to taste, bind with a beaten egg. This stuffing is especially nice for veal. Fasten the heart with string well sewed to keep the stuffing in, rub over with fat of melted suet and fold in a buttered paper or put into a paper bag used for cooking. Roast for three and a half hours. Serve garnished with spinach and cooked tomatoes and serve with a brown sauce.

LAMB'S LIVER.

Soak the livers in cold water and wash well, then score the outside. Rub into the cuts a mixture of a quarter of a teaspoonful of allspice, cloves, black pepper and a half teaspoonful of salt. Arrange in a deep pan on a bed of sliced onions and carrots; cover with thin slices of salt pork; add a pint of boiling water or broth and strained tomato juice, cover closely and cook in a moderate oven three hours.

FRIED LIVER AND BACON.

Fry a few strips of bacon crisp, then have ready slices of liver, not too thin, as that makes them hard. It is nice to sprinkle with bread crumbs before putting into pan. Let them fry golden brown, then set back on stove until ready to serve. Then have ready chopped parsley minced with hot butter. This is a good dish for lunch served with baking-powder biscuits.

LIVER HASH.

One pint of cooked liver, chopped coarse and measured after chopping. Melt one tablespoonful, in frying pan, of butter, add one teaspoonful of flour and blend well. Now add one cupful of water gradually, while stirring, and season with salt and pepper. Stir in the liver and simmer for twenty minutes. Just before serving add one teaspoonful of lemon juice.

BAKED SWEETBREADS.

Put two or more pounds of sweetbreads in lukewarm water for an hour, then boil them for another hour, drain them well and when cold bake them in a hot oven, basting them with the liquor which comes from them until they are nicely browned all over.

SWEETBREADS AND MUSHROOMS IN PASTRY BASKETS.

Take one pound of fresh mushrooms, peel and use the tops only—the stems may be used in soup. Fry to a delicate brown in butter, seasoned with pepper and salt. Have ready a pair of sweetbreads that have been parboiled and blanched; dice and mix with the mushrooms. Make baskets of good pastry, shaping over patty pans; fill them with the mixture, sprinkling a little grated cheese on top and pinching on the handle. Bake fifteen minutes, serve on a doily and garnish with a spray of fresh cress.

BOILED BEEF TONGUE—I.

Wash a fresh beef tongue, place in a deep kettle, cover with boiling water, to which a teaspoonful of salt has been added. Simmer gently one hour. Take out, remove the skin and trim off the roots. Place in

a casserole with one teaspoonful of butter and two cupfuls of water, add flavoring herbs, cover closely and cook three or four hours. An hour before serving add one cupful of raisins. When done place tongue and raisins on platter and thicken the gravy with one tablespoonful of flour. Serve on platter or in the casserole. This is a good fireless cooker recipe for summer.

BOILED BEEF TONGUE—II.

Buy a fresh tongue and soak it over night in salt water. As it is so carefully covered with the tough covering, the juice is not lost. Then cook until tender in simmering salt water. The broth may be used for a most appetizing soup by adding rice to it, and the tongue if sliced, either hot or cold, is always a welcome dish. Pieces broken in slicing may be chopped and seasoned for sandwich filling.

BOILED SMOKED TONGUE.

Soak a smoked tongue over night in cold water and next morning put the tongue in the kettle, cover with cold water, place over the fire and boil thirty minutes, then place the kettle in the cooker and cover quickly. Six hours later take out the tongue, free it from skin, return it to the kettle and let it cool in the broth.

BREADED TONGUE.

Cut cold boiled, fresh or corned tongue into half-inch slices. Egg and crumb them and cook in a small amount of hot butter. Fry an equal number of rounds of bread and lay a piece of tongue on each slice and pour around the following sauce: Add a little butter to that already in the pan, add two tablespoonfuls of flour, and stir until brown, then add a cupful of stock, a teaspoonful of finely minced parsley, a teaspoonful of lemon juice and a tablespoonful of chopped pickles.

TRIPE FRIED IN BATTER.

Cut tripe in pieces for serving and boil twenty minutes, which makes it nice and tender. Beat one egg, add one-quarter cupful cold water, one teaspoonful salt and flour to make a batter, not too thin. Dip the tripe in the batter and fry until brown on both sides. If there is any batter left pour it into the spider and cook with the rest. Be sure to have plenty of fat in the spider. If you use fresh tripe add one tablespoonful vinegar to the batter.

TRIPE WITH ONION SAUCE.

Tripe is an easily digested meat and is especially good with onion sauce. Boil a pint of onions until tender in boiling salted water, drain and chop fine. Melt two tablespoonfuls of butter in a pan, add two of flour, and when well blended add a pint of milk. Stir until boiling, add the onions, more seasoning of salt and pepper, and more butter if needed, pour over the tripe and serve hot.

TRIPE WITH TOMATOES.

Take two pounds of dressed tripe boiled; cut into strips about two inches long and put into a saucepan; drain off the water in which the tripe has been parboiled; chop a small onion fine and let all stew twenty-five minutes; add a little thickening and then stir in half a can of good tomatoes; season with salt and pepper.

MUTTON RECHAUFFE.

Into a basin put a layer of sliced onions, one of sliced potatoes and a layer of chopped or sliced cold mutton or lamb (end of your last roast). Continue until full. Now add salt and a red pepper. Now cover top with potatoes cut in halves, which will roast a pretty brown. Sometimes I use a pork roast end the same way, only add a little sage to flavor.

SHEPHERD'S PIE.

To two cupfuls of meat add the following sauce: Four tablespoonfuls of browned flour, one cupful of meat broth or water, three teaspoonfuls of vinegar, a teaspoonful of sugar, one bayleaf, one clove, five peppercorns and a teaspoonful of salt. Turn into a baking dish and cover with mashed potato; sprinkle with buttered crumbs and brown in the oven.

TAMALE PIE.

Take one pound of hamburg steak or left-over meat, cut fine and add one level cupful of seeded raisins, one dozen stoned olives, salt, pepper and red pepper to taste. Stew until tender and thicken with one tablespoonful of cornmeal. Then stir one and one-half cupfuls of cornmeal into boiling water, add one tablespoonful of shortening and cook until the consistency of mush. Line a buttered baking dish with about two-thirds of this mixture, pour in the meat and cover with the remaining mixture, and bake for one-half hour. This is even better warmed over.

CASSEROLE OF RICE AND MEAT.

Two cupfuls chopped meat, pepper and cayenne, one-quarter cupful bread or cracker crumbs, one-half teaspoonful salt, celery salt, one beaten egg, hot water or stock to moisten. Line a buttered baking dish with cooked rice one-quarter inch thick. Put in the meat and cover with rice. Steam or bake forty-five minutes. Invert on a platter and surround with tomato sauce.

GYPSY PIE.

Peel and slice thin as many potatoes as will half fill a moderate-sized baking dish, butter the dish and put in a layer of potatoes on the bottom, then pieces of cooked meat or slices of lean bacon. Sprinkle in some herbs and onions chopped fine, and then another layer of potatoes until the dish is full. Dot pieces of butter on top and cover with a good crust. Bake three-quarters of an hour, then pour in a little rich gravy and cook fifteen minutes longer.

OLD-FASHIONED BOILED DINNER.

Boil a large piece of corned beef for an hour. Before it is done, peel and cut into pieces of uniform size all the different kinds of vegetables you have on hand—a small head of cabbage, a few beets, turnips, carrots, parsnips and potatoes. Boil until tender, put the meat on a dish and serve the vegetables around it.

CABBAGE ROLLS.

Take two cupfuls of seasoned cooked meat, seasoning with onion, Worcestershire sauce, or any desired flavor, depending on the kind of meat. Moisten the meat with gravy and spread a small portion on large cabbage leaves, roll up and tie, place in a pan close together, cover with stock and cook until the cabbage is tender. Raw meat may be used, but longer cooking will be needed. Thicken the stock for gravy and pour around the rolls. Garnish with pickled chopped beets.

LITTLE MEAT ROLLS.

From some cooked meat remove fat and gristle and put through the chopper. Season well and moisten with a little good gravy. Make a good, rich biscuit dough, roll out thin and cut into four or five-inch squares, spread each piece with some of the meat mixture and roll up as tightly as possible. Place close together in a greased pan, brush the tops with milk and bake in a quick oven. Serve with a good gravy.

SAVORY MINCED MEAT.

Put a tablespoonful of beef drippings into a hot frying pan, add a tablespoonful of butter, brown in it a half of an onion finely chopped, then turn in any chopped meat, beef or lamb or veal. Turn with a fork until well seasoned and mixed, add salt and pepper, and if you have any gravy pour this over the meat just before taking it up. Serve with triangles of toast.

BOSTON BROWN HASH.

Chop any remains of steaks, roasts or stews very fine. Grease a deep pie dish. Put a layer of mashed potatoes in the bottom of the dish, then a layer of meat, then a layer of stale bread crumbs; sprinkle with salt and pepper, a few bits of butter; moisten with a half cupful of beef gravy, then put another layer of potatoes. Dip a knife into milk and smooth the top. Bake in a moderate oven until brown. Serve hot.

BROWN HASH.

Chop fine cold beef or mutton, freed from fat and gristle, add an equal quantity of chopped potatoes, previously cooked, and sufficient stock or water to moisten. Heat slowly until very hot, spread over the top enough beef fat or butter to cover, draw away from the direct heat and let it cook slowly twenty minutes. Fold like an omelet and turn out on a hot platter.

BURBANK SAUSAGE

Select rather large potatoes of uniform size, cut out an opening through them with an apple corer after they are peeled. Put into salted boiling water and cook eight minutes; now drain and insert into each opening one of the small Deerfoot sausages, previously pricked with a fork. Put the potatoes into the oven and bake until tender. Serve at once with strips of bacon and fried onions as a luncheon dish.

POULTRY AND GAME

BAKED CHICKEN AND SWEET POTATOES.

Steam the potatoes and mash with butter and salt. Fill the chicken with the mashed potato. Fill it to overflowing and baste well while roasting. Let the fowl brown well. The potato is seasoned with the chicken. Serve hot.

BAKED CHICKEN TAMALE.

One cup cooked chicken, chopped fine; one cup cornmeal, one tablespoonful butter, one tablespoonful onion juice, three tablespoonfuls salad oil, one cup tomatoes, one cup pitted olives, four tablespoonfuls catsup and salt; cayenne pepper to taste. Scald the cornmeal with a cup of boiling water. Add the butter, onion juice, tomatoes, oil, chicken, olives, catsup, cayenne and salt. Put in a buttered dish and bake half an hour.

CHICKEN COOKED IN CREAM.

Prepare young chicken as for fricassee. Roll in flour, sprinkle with salt and pepper. Lay pieces in buttered pan close together. Cover with sweet, rich cream and bake until cream is nearly all cooked away and top of chicken is nicely browned. Chicken must be young and tender for this.

CHICKEN WITH CORN.

A most appetizing dish which may be prepared any time of the year, but is better with fresh corn from the cob, is the following: Scrub and clean a fowl in water in which a tablespoonful of soda has been dissolved. Cut the chicken in pieces as for frying, roll in flour, brown in a little hot

fat in a frying pan, then add enough milk to cook the chicken well, simmering or cooking slowly in a moderate oven for two hours or till the chicken is tender. Season when about half cooked and add a cup of corn. Serve the chicken with the gravy and corn poured around it.

OLD VIRGINIA FRIED CHICKEN.

Cut a half pound of salt pork into small pieces and fry until grease is extracted. Strain. Soak a young broiler in salted water for thirty minutes. Dry, season with pepper and dredge with flour. Fry in the hot fat. Take up chicken, drain and set aside to keep hot in a covered dish over hot water. Pour into the gravy left in the frying pan a cup of rich milk; as it heats stir in one-fourth of a teaspoonful of baking soda; then stir in a tablespoonful of butter rolled in one of flour; cook until thick; add a tablespoonful of minced parsley; cook for one minute and pour over the fried chicken.

CHICKEN PIE.

Cut up one chicken into neat pieces, a half pound of pork sausage cut in inch lengths, one dozen button mushrooms, two hard-cooked eggs, one-half cupful of oysters and half a cup of white stock, and season with pepper, salt and a little grated nutmeg. Arrange the materials in a pudding dish in layers, pour on the stock and add the seasoning, and cover with a paste. Cook one hour in a hot oven.

PRESSED CHICKEN.

Cut a small chicken into four parts, boil in as little water as possible without burning, and watch constantly. When cooked very tender take out the meat, but keep broth boiling. Pick the meat from the bones, chop it, and add butter, pepper and salt. Pour all fat or broth over the chopped chicken. Then press it, put plate on top with something heavy to hold it down. Set on ice and when very cold slice it and serve at breakfast or supper.

CHICKEN WITH RICE.

Clean, wash and cut in pieces a fat year-old hen. Rub all the pieces well with salt, pepper and soft butter. Pick over and wash one and one-fourth cupfuls of rice; mix with a teaspoonful of salt, half a teaspoonful each of pepper and curry powder. Lay the pieces of fowl into a kettle, add a tablespoonful of butter, two cupfuls of broth in which the giblets have been cooked an hour a cupful of sweet milk, the rice. Cook ten minutes, then place in the fireless cooker and cook six hours.

CHICKEN WITH RICE AND ONIONS.

This is a combination which is not often found in American homes, but is especially good. To a dozen onions, all small and even-sized, add a cupful of rice and a cupful of chicken meat. Put the onions into a baking dish with the rice. Pour over three cupfuls of chicken stock and a cup of chopped chicken meat. Salt and pepper and dot with butter. Cover, place in a moderate oven and cook for one hour; then uncover, add a cupful of cream and cook fifteen minutes longer. Serve in the dish in which it is cooked.

ROASTED CHICKEN WITH OLIVES.

Heat a tablespoonful of drippings in a frying pan, add three tablespoonfuls each of chopped onion, celery and carrot and stir until well browned. Add this to a pint of bread crumbs, a tablespoonful of parsley, butter to moisten, salt, paprika and two tablespoonfuls of finely chopped olives. Clean the chicken and stuff with this dressing, and roast, basting with butter and water. Stone and pound to a paste two dozen large olives, add a half cupful of strained tomato and heat in a saucepan, cook

until reduced to one-third. Skim off the fat, season well, add half a dozen stoned olives and serve with the chicken.

RUSSIAN CHICKEN.

The Russians have a delicious dish of stewed chicken which calls for a fat chicken, mushrooms, onion, cauliflower and one cupful of fresh or French canned peas. The chicken should be cut up as for a fricassee, then stewed in boiling water, to which the raw vegetables have been added, the onions being added whole. Cook slowly till tender. Drain off the gravy and thicken with flour and cream, place the chicken on a platter surrounded with the cooked vegetables and covered with the gravy.

STEWED CHICKEN.

Have a young chicken cut up for serving. Melt three tablespoonfuls of butter, add one small onion and carrot cut in slices, then add the chicken and fry until delicately browned. Add one and a half cupfuls of white stock a fourth of a bay leaf, add three cupfuls of diced and par-boiled potatoes, season, add to the meat and simmer for fifteen minutes, then cook slowly on the back of the stove for two hours. A few mushrooms cooked in a little butter and added at the last will greatly improve the flavor. If no chicken stock is at hand use equal parts of milk and water instead.

BOILED FOWL.

Put a well-cleaned fowl in the kettle, cover with boiling water, add two onions, one teaspoonful of pepper, one teaspoonful of salt, and boil twenty minutes, set the kettle in the cooker, cover quickly and let stand for three or four hours, or until tender.

CHICKEN LIVERS WITH MUSHROOMS.

Cleanse six chicken livers and peel six large mushrooms, chop them and simmer in a cupful of stock a half hour. Prepare a batter of two tablespoonfuls of flour, half a cup of milk, one egg, salt and pepper, add the chopped livers and mushrooms, mix well and drop by spoonfuls in a little hot fat in a frying pan. Cook until a golden brown on both sides. Drain on brown paper before serving.

POTTED CHICKEN AND BACON.

Bake one chicken, half a cupful of butter, a bunch of herbs, a blade of mace, six ounces of bacon and seasoning of salt and black and red pepper. Roast the chicken, and while hot remove all the meat from the bones and chop it. Put the bones well broken into a saucepan, add three cupfuls of water, the herbs, mace and seasoning. Simmer gently for two hours. Cook the bacon, put chicken and bacon into a mortar and pound until smooth, add butter and a tablespoonful of the broth, press in jar and cover with melted butter.

BROILED PRAIRIE CHICKEN.

Split the prairie chickens down the back and flatten them out; rub all over with butter and cook over a hot fire fifteen minutes. Season and serve. Garnish with celery tops and serve lettuce with French dressing with the birds.

ROAST DUCK AND OLIVE SAUCE.

Dress, clean and truss two ducks; place on rack in dripping pan, sprinkle with salt and pepper and cover breast with thin slice of fat salt pork; bake about one hour in a hot oven. Serve hot with olive sauce: Melt one and one-half tablespoons butter and stir until well browned; add two tablespoonfuls flour, and pour on gradually one and one-half cupfuls brown stock; take ten pitted olives, cover with boiling water and cook five minutes; drain and add to sauce; season with salt and pepper.

SOUR RAGOUT OF GOOSE OR DUCK.

Cut the left-over pieces of goose or duck into inch-long pieces. Put the bones and bits of meat with a carrot, a sour apple, a tomato, a turnip, a stalk of celery, all cut in small dice. Pour two cupfuls of boiling water over all and cook slowly two hours.

BROILED QUAIL.

Split the birds down the back and rub all over with butter. Lay a broiler over a clear fire and cook the bird ten minutes, turning frequently. Serve on squares of fried bread and garnish with currant jelly.

ROAST QUAIL.

Tie a strip of salt pork around each bird after stuffing with buttered bread crumbs, browned. Put the birds into a roasting pan, cover with bits of butter, sprinkle with salt and pepper, dust with flour, cover the pan after adding a little boiling water and cook in a hot oven fifteen minutes, basting often. Serve each bird with a square of fried hominy. A celery salad is good served with quail.

VENISON ROAST.

Rub a piece of roast well with a lemon, dot with butter, season with salt and pepper. Chop an onion fine, also one carrot, and spread this over the meat. Baste often and cook four pounds three-quarters of an hour. Serve with spiced grape jelly.

VENISON STEAK WITH CHESTNUTS.

Stuff a venison steak with boiled chestnuts which have been mashed and seasoned well, roll up, lard with salt pork, and roast. Serve with cauliflower or brussels sprouts.

BARBECUED RABBIT.

Brown piece of butter the size of an egg, add one-half teaspoonful vinegar, salt and pepper to taste. One teaspoonful Worcester sauce, also a little of the salted water in which rabbit was boiled. Boil the rabbit until tender, place in saucepan, simmer gently and baste until a nice brown.

FRIED RABBIT.

Clean rabbit and cut into pieces. Put in salted water over night. In the morning cover with fresh cold water and place over fire. Just before it reaches the boiling point add a piece of baking soda the size of a pea and after a few minutes drain this water off. Wash the pieces of rabbit again and put on with fresh water a medium-sized onion. Cut fine two or three sage leaves and add a teaspoonful of salt. Simmer until quite tender, remove the meat, roll in egg and cracker crumbs and fry in hot butter or drippings. Brown a large tablespoonful of flour in the drippings and strained stock for gravy which the rabbit was boiled in.

RABBIT PIE.

Clean well two or more rabbits, cut up in small pieces, put them in a saucepan with about two quarts of water; when it boils, skim off all scum that arises, then add salt and pepper, a bunch of minced parsley, one or two onions chopped fine and three whole cloves; cut up one-half pound of salt pork into dice, let all boil till tender, using care that there be enough water to cover the rabbits; thicken this with two tablespoons of browned flour and let it boil up; stir in a piece of butter as large as an egg, remove from the fire and let it cool. Have ready a pint of potatoes cut as small as dice and a rich pie crust. Line the sides of a buttered pudding dish with the crust, lay in the rabbit, then some of the potatoes, then rabbit and so on until the dish is full. Pour over the gravy, put on the top crust with a slit cut in the center, and bake one hour, laying paper over the top lest it brown too fast.

ROAST RABBIT.

Empty, skin and thoroughly wash the rabbit; wipe it dry, line the inside with sausage meat and forcemeat (the latter of bread crumbs, well seasoned and worked up). Sew the stuffing inside, skewer back the head between the shoulders, cut off the fore joints of the shoulders and legs, bring them close to the body and secure them by means of a skewer. Wrap the rabbit in buttered paper, keep it well basted, and a few minutes before it is done remove the paper, flour it and let it acquire a nice brown color. It should be done in three-quarters of an hour. Take out the skewers and serve with brown gravy and red currant jelly. To bake the rabbit proceed in the same manner as above; in a good oven it will take about the same time as roasting. Most cooks garnish the rabbit with slices of lemon and serve with currant jelly. Sometimes the head is cut off before sending to the table, but this is a matter of individual taste.

STUFFED RABBIT.

Mix together a cupful of bread crumbs, two tablespoonfuls of chopped parsley, two tablespoonfuls of any powdered herbs desired, four tablespoonfuls of chopped suet, one teaspoonful of grated lemon rind, one egg and salt and pepper. If there is not enough moisture, add a little milk. Fill the well-cleaned rabbit with this mixture, sew it up and boil gently for three-quarters of an hour or longer, according to its age. Serve with parsley and butter.

STUFFING FOR POULTRY.

Melt two tablespoonfuls butter and add one tablespoonful chopped onions, three cups soft bread crumbs, chopped liver and heart, one teaspoonful salt, one teaspoonful poultry seasoning and one-fourth teaspoonful pepper. If a moist stuffing is desired add hot water to the above.

TURKEY DRESSING.

Mix toasted bread cubes with one chopped onion, one cup shelled pecans, two even teaspoonfuls of thyme, salt, pepper, one-half a cupful hot water and butter. Put in well-buttered shallow dish on stove when hot. Stir often until brown. Fill turkey.

TURKEY OYSTER DRESSING.

Prepare same as above, only leaving out pecans. After browning stir in one quart of oysters from which liquid has been drained.

CELERY STUFFING.

One quart bread crumbs, half a head of celery, two eggs, two tablespoonfuls butter, one tablespoonful salt, one-half teaspoonful of white pepper, one-quarter teaspoonful paprika and a grating of nutmeg. Rub the butter into the bread crumbs, then add the eggs well beaten, the seasonings and the celery chopped fine.

CHESTNUT STUFFING—I.

Shell one quart of large, sound chestnuts. Put them in hot water and boil until the skins are softened, then drain off the water and remove the skins. Replace the blanched chestnuts in water and boil until soft. Take out a few at a time and rub them through a sieve. They mash more easily when hot. Season the mashed chestnuts with one tablespoonful butter, one teaspoonful salt, one-quarter teaspoonful of pepper, one teaspoonful grated lemon rind and one tablespoonful chopped parsley. Add one tablespoonful grated ham, two tablespoonfuls of bread crumbs and two well-beaten eggs. Beware of having the stuffing too wet.

CHESTNUT DRESSING—II.

Boil a quart of shelled chestnuts in salted water until tender; while warm mash to a paste, adding a teaspoonful of salt, a dash of paprika and half the quantity of bread crumbs, two tablespoonfuls of melted butter and a teaspoonful of poultry dressing. Blend the ingredients thoroughly and if a moist dressing is desired add a cupful of boiling milk.

CHESTNUT DRESSING—III.

Take a quart of chestnuts which have been blanched and cooked until tender, add a cupful of fresh bread crumbs, two tablespoonfuls of butter, a teaspoonful of salt, chopped parsley, pepper and milk or stock to moisten.

MUSHROOM STUFFING.

Add a small cupful of chopped mushrooms to an equal quantity of fine breadcrumbs, one tablespoonful of finely chopped ham, a teaspoonful of finely chopped parsley, a few grains of powdered thyme, a quarter of a teaspoonful of lemon rind and a small portion of onion. Mix all thoroughly, then fry in boiling fat, and use as a stuffing for marrow, tomatoes or large onions.

OYSTER STUFFING.

Two cupfuls oysters, one-fourth cupful of melted butter, one tablespoonful of chopped parsley, one cupful cracker crumbs, two teaspoonfuls lemon juice, one teaspoonful salt and one-half teaspoonful white pepper. Drain and clean the oysters. Mix the cracker crumbs with the butter, parsley, lemon juice, salt and pepper, then add the oysters with two tablespoonfuls of their liquor.

PEANUT STUFFING.

Crumble a small loaf of stale bread, then season highly with salt and paprika, add one-eighth teaspoonful of powdered sweet herbs, one-half pint of shelled, roasted and ground peanuts, four drops of onion juice, one teaspoonful of chopped parsley and sufficient cream to moisten slightly. Blend well and stuff the turkey six hours before baking, if possible, so that the flavor of the dressing may have a chance to permeate the meat.

POTATO FILLING FOR FOWL

Chop fine the giblets of one chicken, mix one cupful of mashed potatoes, one tablespoonful butter, one-half cupful sweet milk, one cupful of bread crumbs, two eggs, and season with salt, pepper and sage.

EGGS

BAKED EGGS—I.

Break in a buttered gem pan the number of eggs to be cooked; put upon each a few rolled cracker crumbs, a small piece of butter, and sprinkle with pepper and salt. Add a little milk or cream if desired. Bake in the oven until the whites are firm.

BAKED EGGS—II.

Butter as many muffin rings as will be needed, break into each an egg, salt slightly, pour over each a spoonful of cream and bake until the whites are set.

EGGS BAKED IN POTATO NESTS.

On a buttered baking sheet form small rounds of mashed potato or pack portions of the mashed potato in buttered muffin pans; leave a depression in each portion deep enough to hold an egg. Sprinkle the inside of the nests generously with chopped ham, then drop in the eggs.

Brush the edges of potato with the beaten yolk of an egg and brown in the oven. The dish should be cooked long enough to brown the potato on the outside. If the portions are baked in muffin pans they are hard to remove unless the potato is brown.

BAKED STUFFED EGGS.

Boil some eggs hard and throw them into cold water. Then shell them and cut them crosswise in two. Remove the yolks and cream them with a wooden spoon, and to each yolk add a tablespoonful of fine bread crumbs soaked in milk and butter and pepper and salt to taste. Cut a bit of the end of each white off and stuff the whites. Stand the halves in a buttered baking dish, the bottom of which is thinly sprinkled with bread crumbs. Over all sprinkle a little bit of finely minced parsley. Bake five minutes.

BOILED EGGS.

To boil eggs, pour boiling hot water over the required number of eggs and set them on the back part of the stove where they will keep hot for ten minutes. If they are cooked in this way the whites will never be tough and the flavor is so much improved that the additional time required to "boil" the eggs is well spent.

CURRIED EGGS.

Slice three onions very thin and put them into saucepan with two tablespoonfuls of butter. When they are soft put in a teaspoonful of curry powder, a quarter of a tablespoonful of ginger, half a teaspoonful of salt and one tablespoonful of flour. When these are mixed thoroughly add a cupful of stock or water and stir until it boils. Place halves of hard-cooked eggs on a platter and pour over them the curry sauce.

POACHED EGGS.

Put some water in saucepan, add a pinch of salt and a little vinegar; let it boil very hard. Break the required number of eggs onto a plate one at a time and drop them into the boiling water exactly where it bubbles. Take eggs out with a skimmer and trim them nicely, although no trimming should be necessary if properly done. Place each egg on a piece of toast no larger than the egg (rounds are the most attractive shape) and serve while hot.

POACHED EGGS AND HORSERADISH.

Put two tablespoonfuls of meat fryings into a saucepan, add a dash of red pepper or mustard and break as many eggs as desired into it. Place on each a teaspoonful of prepared horseradish, cover closely and allow to set. Serve with green vegetables, such as beans, peas or spinach.

SAVORY EGG.

Separate the whites from the yolks of three eggs, beat the whites until stiff and fold in the well-beaten yolks, add half a cupful of grated cheese, a half cupful of cream, mustard, paprika and salt to taste. Mix well and bake in a buttered dish until firm. Serve immediately.

PLAIN OMELETS.

THERE are three ways of making an omelet, as follows: A foamy omelet can be made most quickly. For six people use four or six eggs. Beat the whites until stiff but not dry, with the salt, add the unbeaten yolks and turn the beater several times to mix thoroughly. Cook in a hot oiled frying pan until quite firm throughout, fold, place on a platter, garnish and serve.

A second omelet may be made of flour, eggs, one-half a cupful of milk or water and one-half of a teaspoonful of salt. Beat the eggs yolks and whites together, add the liquid and salt and cook in a hot oiled frying pan until firm; fold, place on a platter, garnish and serve.

A third way to make an omelet is to prepare a sauce of two tablespoonfuls each of butter and flour and one cupful of milk, cooking the mixture until smooth and as thick as it will become. To this sauce add four egg yolks, salt and red and white pepper to season highly, and fold in the whites beaten stiff but not dry. Cook, fold, garnish and serve as for any other omelet. This is an economical omelet and often preferred to either of the other omelets.

FANCY OMELETS.

Fancy omelets are made with the plain omelet foundation and additional ingredients of various kinds. These are added to the foundation before the whites are folded in when whites and yolks are used separately. A Jerusalem artichoke omelet requires for six persons the addition to the omelet of five tablespoonfuls of chopped cooked artichokes; a parsley omelet is made with the addition of two tablespoonfuls of finely chopped parsley. Almost any meat or vegetable might be used in an omelet, as can many kinds of fruits, to offer variety.

SPANISH OMELET.

Fry two chopped onions, one sour sliced apple, one-half of a cupful of chopped stuffed olives in two tablespoonfuls of butter. When light brown add two chopped green peppers. Next add one quart of tomatoes. Season highly and thicken with four tablespoonfuls of flour. This sauce is sufficient to serve between the folds and over an eight-egg omelet.

DELICIOUS OMELET.

Stir one tablespoonful of butter and one tablespoonful of flour together in a frying pan. When the mixture boils pour in a large cup of canned tomatoes or of fresh tomatoes cut into small bits. To this add a cup of mushrooms cut fine. Add next four tablespoonfuls of veal, tongue or chicken cut fine and mixed with a tablespoonful of chopped onions. Stir for five minutes. Break in a half dozen of eggs. Season with salt and cayenne pepper to taste. Serve upon thin slices of toast.

BOMBAY TOAST.

Beat well four eggs, add one-half tablespoonful of salt, one tablespoonful of chopped capers, a dash of cayenne. Put two tablespoonfuls of butter in a saucepan and when hot stir in a tablespoonful of anchovy paste and the egg mixture. When it thickens take from the fire and spread on thin slices of buttered toast and serve at once.

CHEESE AND EGGS.

Put one pint of cream into a frying pan and heat to the boiling point; then break in carefully (so as to keep them whole) six eggs. When they are jellied lay them upon a platter, add to the cream in the frying pan, two tablespoonfuls of grated cheese, a little salt and pepper. When cheese is melted, pour over the eggs and serve with toast.

DAINTY BREAKFAST EGGS.

Chop the whites and mash the yolks of a half dozen hard-cooked eggs. Make a sauce of two tablespoonfuls of butter and two of flour, cooked together, add two cupfuls of rich milk and cook until smooth, then add a teaspoonful of salt, a few dashes of pepper, mustard and red pepper, then add the chopped whites. Place pieces of hot toast on a hot platter, butter each piece and cover with the sauce. Sift the yolks over the whole and serve.

DEVILED EGGS.

Boil eggs until hard, cut in halves and take out yolks, mash and add salt, pepper, vinegar, butter and a pinch of mustard, a few drops of tabasco sauce and enough mayonnaise dressing to moisten. When the seasoning is well mixed with the yolks, return the mixture to to the

whites. Serve cold in basket luncheon, or on lettuce, with a garnish of cream or mayonnaise dressing.

EGGS FOR CHILDREN.

Beat the whites of eggs stiff, drop by spoonfuls into scalding milk and cook until firm. Remove, and into the milk stir the yolks, beaten slightly, and stir constantly to form a custard. Add a bit of salt and put the whites on the custard. This is a very good dish for children, served with wafers. If sugar is desired, it may be slightly sweetened for dessert.

EGGS A LA CREME.

Hard boil six eggs and slice them in thin disks. In the bottom of a deep baking dish spread bits of butter, then a layer of bread crumbs and then a layer of boiled eggs. Cover with bits of butter and sprinkle with pepper and salt. Continue thus to blend these ingredients until the dish is full or nearly so. Buttered crumbs must cover all of the eggs, and over the whole mixture a pint of sweet cream or milk must be poured before it is baked in a moderately heated oven.

EGGS AU GRATIN.

Butter a flat earthenware dish and sprinkle it with bread crumbs, and on the crumbs break eggs. Over them sprinkle grated cheese, salt, pepper and bits of butter, with just a little cream. Put in a hot oven until the eggs are set.

EGGS AND ONIONS IN CREAM SAUCE.

Cook four small onions in boiling water until tender, adding salt when they are about half cooked. Cook four eggs in boiling water, by covering them with the water and allow them to stand in a warm place tightly covered for a half hour. Turn cold water over them and remove the shells. Prepare a cupful of rich white sauce, using two tablespoonfuls each of flour and butter and a cupful of rich milk. Season well with salt and paprika and put the sauce, eggs cut in quarters and the onions in layers, in a buttered baking dish. Just the last few minutes sprinkle with buttered crumbs and brown. Let the contents thoroughly heat, and serve hot.

EGG PIE.

Cut up hard-cooked eggs in a rich, white sauce, cover with mashed potato and bake. Brush with melted butter, season with parsley and serve hot.

GERMAN EGGS.

Cut a long French milk roll into slices and put these into a cool oven until crisp and brown; then arrange them in a well-buttered casserole and brush them over with warmed butter, to which has been added a few drops of lemon juice. Onto each piece of roll break a fresh egg, dust these with salt and pepper, add a few spoonfuls of cream or thin white sauce, and bake until the eggs are set. Serve at once with an accompaniment of baked tomatoes.

GOLDENROD TOAST.

Boil the required number of eggs until hard, then put the yolks and whites separately through a sieve. Have ready slices of hot toast and in the center of each put two spoonfuls of the yolk, surrounding the edge with the white. Over the whole pour white sauce and serve hot. This is a delicious breakfast dish.

LUNCHEON SURPRISE.

Use cold rice to cover the bottom and sides of a bowl, leaving a nest in the center. Grind well the bits of cold-boiled ham, add two hard-boiled eggs, cut in small pieces, season well with mustard, salt and pepper

and butter. Fill the center with the mixture and set in a panful of water and steam forty minutes. Turn from the mold and serve hot.

A NEW EGG DISH FOR LUNCHEON.

Poach an egg carefully in boiling water, into which a little lemon juice has been squeezed. With a round cutter trim the egg neatly, mask it with some thick, nicely flavored white sauce, which is still warm, and put it aside to get cold. Dust the egg lightly with flour, brush it over with beaten egg, cover thickly with dried bread crumbs, season with salt and pepper and fry it quickly (one and a half minutes should be sufficient) in a bath of boiling fat. Serve the egg on a round of buttered toast and garnish the plate with watercress.

MACARONI AND EGGS.

Break the macaroni into inch pieces and cook in boiling salted water until tender. Place in a buttered baking dish and pour over the following: Three eggs, well beaten, a cupful and a half of sour cream and a teaspoonful of salt; pour into a well-buttered baking dish and bake a half hour.

EGGS WITH PEA PUREE.

Drop eggs on a buttered dish and put them in the oven. When they are just set slide them onto a puree of peas, made by putting canned or fresh peas through a vegetable presser and mixing them lightly with melted butter and heated cream. Serve hot as a luncheon dish.

EGGS A LA SHELBURNE.

Cut slices from the top of six tomatoes of uniform size and take out enough pulp to allow a raw egg to be broken inside. Cover with bits of butter, and with a toothpick fasten a rasher of bacon over the top of each tomato. Cook in very hot oven until the eggs are set (about eight minutes).

EGGS ST. GERMAIN.

Press a half cupful of cooked French peas through a sieve, mix well with a tablespoonful of thick hollandaise and ornament two poached eggs on toast cut in rounds (one egg on one round) with this sauce. Serve on individual plates. This makes two portions.

CHEESE

THERE are not a great many varieties of dishes in which cheese is used as a meat substitute, although cheese of various kinds may be used in a great many ways as accompaniments of other dishes. Several of the following recipes may be used as meat substitutes, and with the salad recipes are to be found suggestions for the use of cheese as substantial dishes where salads may be so used. The plain cheeses are fully as nutritious as fancy cheeses, and there is a great difference in cost.

CHEESE BALLS—I.

Rub a teaspoonful of butter into half a cupful of crumbs; add a fourth of a teaspoonful of mustard, one cupful of grated cheese, one egg, a half teaspoonful of salt and a few grains of red pepper. Shape in small balls and fry in hot fat. Serve with salads.

CHEESE BALLS—II.

Make a sauce of two tablespoonfuls of butter, two of flour, a dash of cayenne and two-thirds of a cupful of milk. Stir into it the slightly beaten yolks of two eggs and one and a half cupfuls of chopped cheese. As soon as it begins to soften take from the fire and turn into a shallow buttered pan. When cold shape, dip in crumbs, eggs and fry a golden brown in hot fat.

COTTAGE CHEESE.

Allow the milk to become well soured, set the pan in a slightly hot oven, leaving the door open. Let it remain until the whey and curd separate, then pour into a cheesecloth bag and hang to drain. When well drained empty the curd from the bag, season with salt to taste and mix in some sweet cream. The cheese may be further seasoned with pepper, made into small balls and served with the salad course. If desired, some wet molds may be lined with the cheese and the centers of the molds filled with salad, nuts and celery. When cold the molds may be turned out on lettuce leaves and served with salad dressing.

CHEESE CREAM TOAST.

Take stale bread, cut in neat slices, toast lightly, cover them slightly with grated cheese; make a cream for ten slices out of a pint of milk and two tablespoonfuls of plain flour; the milk should be boiling and the flour mixed in a little cold water before stirring in; when the cream is nicely cooked, season with salt and butter; set the toast and cheese in the oven for three or four minutes and then pour over it the cream sauce. Serve at once.

BAKED CHEESE FOR LUNCHEON.

Line a baking dish with layers of buttered bread and slices of thin cheese. Pour over this two cupfuls of milk, to which has been added two well-beaten eggs, a pinch of salt and one of cayenne pepper. Bake about twenty-five minutes.

CHEESE SOUFFLE.

Prepare a white sauce of two tablespoonfuls of flour, one-half teaspoonful of salt, one-eighth teaspoonful of pepper and one cupful of milk. About thirty minutes before time to serve add to the white sauce the yolks of three or four eggs, one cupful of grated cheese, a few grains of soda, and fold in the whites of the eggs beaten stiff but not dry. Bake in an oiled baking dish about thirty minutes. Serve in place of meat at luncheon or as a vegetable. It may be served with a white sauce if wished.

WELSH RAREBIT.

Welsh rarebit is better made in a chafing dish than in any other kind of a dish, because it should be served the moment it is done. If a chafing dish is not available a double boiler may be used. Have all of the ingredients ready in receptacles which present an attractive appearance upon the table in sight of guests. The following ingredients are required: One pound of American cheese, put through a food chopper; one-third of a cupful of butter, three-fourths of a cupful of cream or milk, one beaten egg, two teaspoonfuls of dry mustard, two teaspoonfuls of Worcestershire sauce, one-eighth of a teaspoonful each of white and red pepper, toast or salted wafers. Combine with the beaten egg the mustard and other seasonings; melt the butter in the blazer of the chafing dish, turn in the prepared cheese and the milk, and when blended add the egg mixture; turn the flame low at this time to stop the boiling of the water in the hot water pan. Cook slowly, stirring constantly until smooth and creamy. Serve on hot buttered toast or on salted wafers. An attractive supper menu, in which Welsh rarebit forms the substantial course, might consist of grape fruit or fruit cup as a first course; Welsh rarebit, olives, pickles and celery as a second course, and orange ice, yellow sponge cake and mints as a third course, with coffee or not, as wished.

BAKED WELSH RAREBIT.

Cut a pound of soft, mild cheese in thin slices. Prepare two and a half cupfuls of bread crumbs, and add two tablespoonfuls of melted butter. Sprinkle a layer of the buttered crumbs in a buttered baking dish, cover with one-third of the cheese, sprinkle with salt and paprika and

repeat, making three layers. Beat three eggs slightly, add one and a half cupfuls of milk, and pour over the mixture. Bake in a moderate oven twenty-five minutes. Serve at once.

ENTREES

AN ENTREE is a dish served at a course dinner or luncheon between the regular courses. Entrees are always served from the side and are usually prepared in individual portions. Their preparation offers great opportunity for a display of skill, and we often use recipes for entrees in preparing the main dish for the more simple home luncheon or even dinner. Many entrees may be used as vegetables, and many others as desserts.

CLAM FRITTERS.

Wash well two quarts of long or round clams, put on the fire, and when they commence to open extract the meats; strain the juice, and to two cupfuls of the juice use three eggs, one pint of clam meat and a pinch of salt, three teaspoonfuls of baking powder and flour to make a stiff batter. Fry as you would doughnuts. If there are not two cupfuls of the juice use enough milk to make up the deficiency.

OYSTER FRITTERS.

Select plump, good-sized oysters, drain off the juice, and to a cup of this juice add a cup of milk, a little salt, four well-beaten eggs, flour enough to make a batter like griddle cakes. Envelop an oyster in a spoonful of this batter, then fry in butter and lard mixed in a frying pan the same as we fry eggs, turning to fry brown on both sides. This is sufficient batter for a quart of large oysters.

CODFISH FRITTERS.

Take a cupful of shredded codfish which has been simmered fifteen minutes, cooled and drained. Beat two eggs, add half a cupful of milk, two-thirds of a cupful of flour or less, to make a batter that drops from the spoon. Add a teaspoonful of parsley, a teaspoonful of baking powder and pepper to season. Beat hard, add the fish and cook in deep fat. Serve with cucumber sauce or sliced cucumbers.

EPICUREAN CROQUETTES.

Soak a finnan haddie one hour, using milk and water in equal parts to cover, then put in oven and let stand for thirty minutes; drain and separate into flakes. There should be one and three-fourths cupfuls. Cook one tablespoonful of chopped shallot, two tablespoonfuls each of chopped green and red peppers in three tablespoonfuls of butter five minutes, add one-third of a cupful of flour and one cupful of milk. Stir in the finnan haddie, add one-half teaspoonful of salt, one-fourth teaspoonful of paprika and a few grains of pepper. Cool, shape, crumb and fry.

SALMON CROQUETTES—I.

Take one can of salmon, drain, pick over, removing bones and skin, and mash. Boil one Irish potato and mash. Mix the potato with the salmon, add one beaten egg, a teaspoonful salt, a dash of cayenne, the juice of half a lemon and a little minced parsley. Roll in cracker crumbs and fry brown.

SALMON CROQUETTES—II.

Mix a half cupful of bread crumbs with a can of salmon drained and minced. Season with salt, pepper, a little nutmeg, the juice of half a lemon and a tablespoonful of butter. If too dry add a little milk or cream. Form in any desired shape, and fry in deep fat.

TROUT CROQUETTES.

Mince the cold fish (left-over) as fine as possible; season with a little salt, pepper and a teaspoonful of minced parsley. To two cupfuls of fish allow half cupful of bread crumbs, half cupful of thick cream sauce. Heat over the fire until thick and smooth, flavor with a little nutmeg and minced parsley; turn into a large platter to cool. When cold and hard form into small croquettes. Dip into egg, then into bread crumbs, and fry to a golden brown in a frying basket in deep, hot fat. Drain for a moment on brown paper and serve garnished with parsley and slices of lemon.

CHEESE CUTLETS.

Melt three level tablespoonfuls butter, add two level tablespoonfuls corn starch mixed with one and one-half tablespoonfuls flour, then cook for a few minutes together. Then add gradually three-quarters of a cupful of rich milk, stir till it boils, beat for ten minutes, lift the pan often, then beat the mixture; return to fire and cook until perfectly done. Then add yolks of two eggs slightly beaten, one cake, which is one-half cupful of Canadian cream cheese, cut in slices, and keep hot while the cheese melts; add one-half teaspoonful salt, one-half teaspoonful Worcestershire sauce, dash tabasco and one-half cupful coarsely chopped American cheese. Mix in well, but do not let it melt. Pour mixture into deep pie tin, so that the cutlets may be easily shaped by cutting mixture into six or eight pie-shaped pieces. When cold and firm dip in beaten egg, roll in plenty of fine oatmeal and fry in deep hot fat.

HAM AND POTATO CUTLETS.

Into a pint and a half of well-seasoned mashed potatoes stir two eggs without beating. Spread two tablespoonfuls of this potato out smoothly and lay on it a slice of neatly trimmed boiled ham. Cover this with potato, pinch the edges well together, lay in boiling lard and fry to a golden brown. Scraps of any kind of meat minced and seasoned may be used instead of the slices of ham.

CHEESE FRITTERS.

Melt a fourth of a cupful of butter, add a fourth of a cupful each of flour and corn starch, then pour on, stirring constantly, two cupfuls of milk. Bring to the boiling point and let simmer three minutes, stirring constantly. Add the yolks of two eggs, slightly beaten, one-half of a cupful of grated cheese, one-half of a teaspoonful of salt and a few dashes of cayenne. Pour into a buttered pan and cool. Turn on a board and cut in diamond shapes. Place on a platter, sprinkle with grated cheese and brown in a moderate oven.

HAM CROQUETTES.

Brown one tablespoonful of butter and two tablespoonfuls of flour in a saucepan. Add one cupful of beef stock and stir until thick and smooth. Season to taste with salt and pepper, add ten drops of onion juice and one tablespoonful of mushroom catsup, one cupful of boiled rice and one cupful of finely chopped ham. Mix and set away until cold. Then shape into croquettes, dip into slightly beaten egg, roll in crumbs and fry in smoking hot fat. Serve with tomato or any good brown sauce.

LAMB'S LIVER CROQUETTES.

Chop together a half pound of liver and a quarter of a pound of bacon, both cooked. Beat two eggs lightly and add a fourth of a cupful of butter. Then add the meat, seasoning of herbs, parsley and salt and pepper and a cupful and a half of bread crumbs. The mixture should be just stiff enough to make a mixture which can be formed into balls. Divide into portions, roll in egg and crumbs and fry in deep fat.

Note.—A similar dish is made by using raw liver and bacon, with

the remaining ingredients the same; instead of rolling the balls in crumbs and frying, they are cooked fifteen minutes in boiling water.

VEAL CROQUETTES.

Put two cupfuls of finely chopped veal in a saucepan, add two tablespoonfuls of fine bread crumbs, one teaspoonful of butter, the beaten yolks of two eggs, one teaspoonful of onion juice, quarter teaspoonful of salt, one saltspoonful paprika and a few grains of mace. Stir the mixture over the fire until thoroughly heated, then set aside to cool. Shape into croquettes, dip in beaten egg, roll in fine crumbs, let stand one or more hours, and fry until well browned. Serve with tomato sauce.

VEAL AND RICE CROQUETTES.

Take three cupfuls of cold minced veal. This may be made from the cheapest cut you can buy. Three cupfuls of cold boiled rice, one small onion minced, season with pepper, salt and butter. Moisten with a little cream or some of the veal stock and shape, roll in beaten egg and then in cracker crumbs and fry in hot fat in a wire basket.

VEAL AND OYSTER CROQUETTES.

Mince boiled veal or cold roast, then add one-fourth as much minced oysters scalded in their own liquor; season with a tablespoonful lemon juice, a dusting of red pepper and a little onion. Mix this in a half pint of melted butter made thick with flour. Beat two eggs, roll the croquettes first in the egg, then in the cracker crumbs, salted and peppered. Have frying pan and fat hot. Fry croquettes until brown.

CHICKEN CROQUETTES.

One and three-fourths cups chopped cold chicken, one-fourth teaspoonful celery salt, one teaspoonful lemon juice, one teaspoonful finely chopped parsley, one-half teaspoonful salt, dash of pepper, five drops of onion juice, one cupful thick white sauce. Mix ingredients in the order given. Chill the mixture. Form into desirable shapes for frying and carefully egg and crumb them. Test the fat with a bread cube; if it browns in forty seconds, put in the croquettes.

DEVILED CHICKEN FRITTERS.

Beat two eggs thoroughly and blend with one-half cup each of chicken, ham and tongue chopped fine. Add a cupful of boiled rice or freshly mashed potatoes. Add one cupful of flour sifted with one teaspoonful of baking powder and a little cream. Drop by spoonfuls and fry in deep hot fat and serve at once.

CARROT CROQUETTES.

Boil four large carrots until tender; drain and rub through sieve, add one cupful of thick white sauce, mix well and season to taste. When cold, shape into croquettes and fry same as other croquettes.

CARROT FRITTERS.

Beat two or three boiled carrots to a pulp with a spoon; add to them six eggs and a handful of flour; moisten them with either cream, milk or white wine and sweeten them. Beat altogether well and fry in boiling lard. When of a good color take them off and squeeze on them the juice of an orange; stew over fine sugar.

GREEN CORN FRITTERS.

Score the kernels lengthwise with a sharp knife, then with a dull edge press out enough pulp to make one cupful. Add the beaten yolks of two eggs, one-eighth of a teaspoonful of pepper, a dash of cayenne, one-third of a teaspoonful of salt, one scant cupful of pastry flour, mixed and sifted with one rounded teaspoonful of baking power, and finally fold in the stiffly beaten whites. Drop from a spoon in hot fat, fry until brown and drain on unglazed paper.

CUCUMBER FRITTERS.

Peel and grate a number of large cucumbers, press out all the juice from the pulp and measure. To each pint allow one tablespoonful of melted butter, three tablespoonfuls of cream, two eggs, salt and pepper to taste, and one-half cupful of sifted flour with a teaspoonful of baking powder added. Beat well and drop by spoonfuls into smoking hot fat. Drain on paper and serve hot.

MACARONI CUTLETS.

Four ounces of macaroni, one-half pint of milk, two tablespoonfuls of flour, two yolks of eggs. Add salt, pepper and some bread crumbs. Boil the macaroni in water, drain and chop in small pieces. Heat the milk, add the butter and flour rubbed together and stir until thick. Add carefully the yolks of two eggs. Take from the fire, add salt, pepper and macaroni and turn out to cool. Shape into cutlets or croquettes; roll in bread crumbs and egg; fry in hot fat. Serve with tomato sauce and cheese.

POTATO POCKETS FILLED WITH MEAT.

To two cupfuls of hot mashed potatoes add a well-beaten egg. Flour the board and roll out quite thin, cut in rounds, put a tablespoonful of minced meat on each round, pinch the edges together and fry until nicely browned. Garnish with parsley.

PUMPKIN FRITTERS.

One pint of pumpkin, boiled and sifted, one pint of milk, two eggs, one-half teaspoonful salt, pinch of ginger, one teaspoonful molasses, flour to make a batter stiff enough to drop on griddle as for buckwheat.

SWEET POTATO CROQUETTES.

Peel and boil in salted water until tender seven large sweet potatoes and mash while warm, season with cream, add a beaten egg and whip until light, and when cold mold into small croquettes and fry in deep fat. Garnish with parsley.

APPLE FRITTERS—I.

Make a batter with two well-beaten eggs, a dash of salt and two tablespoonfuls of sugar, one cupful of milk, a cupful of flour sifted with a teaspoonful of baking powder. Add the beaten whites last; stir in two cupfuls of chopped apple, and drop by spoonfuls and in deep fat. Sour apples are best for fritters.

CHESTNUT FRITTERS.

Cook the nuts, peel, blanch and pound or mash fine. Add a fourth of a pound of butter to a pound of the nuts, two ounces or two tablespoonfuls of sugar, a beaten egg and four ounces or one cupful of flour; roll with the hands into little balls, dip in egg and crumbs and fry to a delicate brown in butter or oil.

CREAM FRITTERS.

Scald a pint of milk in a double boiler, adding an inch stick of cinnamon to flavor. Beat together two eggs, add a quarter of a cupful of cold milk, one tablespoonful of flour, two of corn starch, a half cupful of sugar and a quarter of a teaspoonful of salt. Add this to the scalded milk, removing the cinnamon, return to the boiler and cook fifteen minutes, stirring frequently. Lastly, add one teaspoonful of butter, two tablespoonfuls of blanched and chopped almonds and one teaspoonful of vanilla. Pour into a shallow pan, and when cold cut in strips, dip in egg and crumbs, and fry in deep fat. Serve with a sweet sauce or dust with powdered sugar.

GOLDEN FRITTERS.

One pint of water, one pint of flour, six eggs, one tablespoonful of

butter. Let the butter boil in the water for a few minutes, then thicken smoothly with flour. Let it remain a short time on the fire, stirring all the time; then add the unbeaten eggs, one at a time. Beat the batter long and hard, then fry in lard. Stir the lard hard and then drop in the fritters by spoonfuls. These are very nice served with fruit or maple sirup.

MARMALADE FRITTERS.

Make rounds of thin bread into sandwiches, filling with marmalade. Prepare a batter of two eggs beaten, one-half cupful milk, one cupful flour, one tablespoonful sugar, one tablespoonful butter or oil, dash salt. Mix all thoroughly. Cover the sandwiches with the above mixture and fry in hot fat. Drain, sprinkle with powdered sugar and cinnamon, and serve.

PINEAPPLE FRITTERS.

Sift together a cupful of flour, a half teaspoonful of baking powder, a quarter of a teaspoonful of salt, add a can of pineapple, drained from its juice, sprinkle with sugar and let stand one hour. Dip each piece in the fritter batter, which should be thick enough to hold its shape when dropped into hot fat. If too thin add more flour. Fry in deep, hot fat, drain on paper and dust with powdered sugar. A sauce of the juice of pineapple with sugar and butter makes them still more delicious if served with them.

RYE DROP FRITTERS.

Two tablespoonfuls sugar, one-half cup molasses, pinch of salt, two well-beaten eggs, one cupful either rye or graham flour, one teaspoonful soda, white flour to make a drop batter. Drop by small tablespoonfuls into deep hot fat. Serve with molasses or sirup.

WALNUT CROQUETTES.

Mix together the following ingredients, form into croquettes and fry as usual. Take a cup of ground or finely chopped walnut meats, a cup of mashed potato, a teaspoonful of salt, one egg, slightly beaten, a cup of soft bread crumbs and the yolks of three eggs; mix well and shape. Serve with tomato sauce.

NUT CUTLETS.

Have ready a half cupful of chopped nuts, using Brazil nuts, walnuts and almonds; add to them a cupful of bread crumbs and a cupful of mashed potatoes, with a little chopped parsley and onion; beat two eggs and mix with the other ingredients; add salt and pepper and form into balls or cakes, dip in beaten eggs and crumbs and fry a golden brown.

VEGETABLES

THE IMPORTANCE of vegetables in the dietary cannot be overstated. All vegetables are valuable for the mineral salts they supply. Many of them are valuable for their refreshing juices and many are very nutritious as well. Transportation facilities have made it possible for us to have in our markets greater and greater varieties of fresh vegetables "in season" throughout the year. Unless the buyer makes a systematic effort to replenish his stock of information, it is hard to keep informed as to the different varieties of vegetables available from season to season, and when they are at their best and at a reasonable price. The good provider cannot inform herself too well as to the cost and nutritive value of vegetables, how to cook them and with what other foods to combine them in the dietary. The good buyer will also familiarize herself with brands of canned vegetables and with the qualities and costs of the different brands. She can, then, supply her family with

those vegetable foods which give the best return in food value for the money expended.

The following receipts for vegetable cookery are arranged in alphabetical order. Receipts for other dishes which often serve as vegetables in the menu are to be found in the cheese, entree and cereal divisions. Certain of the salads may serve as vegetables and are likely to be not only wholesome but economical.

Almost all vegetables are most wholesome cooked by boiling or baking and served with butter and seasoning. If more elaborate cooking processes are preferred there are to be found very few vegetables that cannot be creamed or scalloped or made into souffles, croquettes or fritters; many are delicious fried and some may be stuffed. If these different methods are understood, variety is more easily possible.

JERUSALEM ARTICHOKES.

The Jerusalem artichoke is not the artichoke proper, but a plant of the sunflower family, which is cultivated for its tubers. They are not destroyed by freezing and as a shrub make a good background for smaller plants in the grounds. They contain starch, have a flavor peculiarly good and are well liked by those who are acquainted with them.

JERUSALEM ARTICHOKES A LA CREME.

Wash and peel the vegetable and boil fifteen minutes in plenty of salted water, drain them and add butter, a little lemon juice and cream for a sauce. Serve hot.

JERUSALEM ARTICHOKES AU GRATIN.

Cut boiled Jerusalem artichokes in thick slices after cooking, dip each in melted butter and grated brown bread crumbs, sprinkle with cheese and arrange in a dish; pour over a rich white sauce and bake.

ARTICHOKES A LA LYONNAISE.

Pare some Jerusalem artichokes and slice into cold water to prevent their turning dark. Boil in salted water until tender, then drain. Put into a saucepan with melted butter and olive oil and brown on both sides. Sprinkle a little salt over them. Add half a cupful of meat stock, thicken with a little flour and butter rubbed together, boil three minutes; squeeze in a little lemon juice, add a dash of pepper and a teaspoonful of finely minced parsley and pour the same over the artichokes.

ASPARAGUS LOAF.

Take two cupfuls of cooked asparagus, add two-thirds of a cupful of cracker crumbs to a cupful of hot cream, add a teaspoonful of butter, a teaspoonful of salt, a little onion juice and one egg, beaten. Fold in the asparagus cut in half-inch pieces and bake in a buttered dish a half hour.

ASPARAGUS WITH PEAS

Cut the tender portions of a bunch of asparagus in pieces half an inch in length; let it cook in boiling water, with salt and a tablespoonful of butter. Beat the yolks of three eggs, add half a teaspoonful of sugar, a dash of pepper and salt, and if needed, a cupful of cooked peas; add three tablespoonfuls of butter to the asparagus and mix with the other ingredients; cook until the egg thickens. Serve on toast or on a dish garnished with toast points.

BEAN CAKES.

Take left-over baked beans, mash them with spoon, add an egg, one-half cupful of milk and enough cracker crumbs to form into cakes. Fry in a little hot lard like any other small cake.

STRING BEANS WITH CHEESE.

Remove strings, put beans crosswise in two-inch length; there should be two quarts. Let stand in cold water until beans drop out. Cook

pods until soft in boiling water, to which has been added one-fourth teaspoonful of soda. Drain thoroughly, add one-half cupful of grated rarebit cheese and one-fourth cupful of heavy cream, and season with salt and cayenne. Stir and turn into a buttered baking dish. Sprinkle with grated Parmesan cheese and dot with butter. Reheat.

STRING BEANS, A LA ROMA.

Choose young, tender string beans, cut off the ends and remove the strings, but do not cut them, unless they are more than three inches long. Wash well in cold water, letting it run over them. Put them into a baking dish with a kitchen spoonful of good salad oil, a little minced onion, parsley, salt and pepper. Cover and place over the fire and cook slowly. As the beans dry add the strained juice from ripe tomatoes or a thin tomato sauce. Watch that they do not burn, as only enough tomato juice should be added to keep them moist.

TO COOK CABBAGE IN HALF AN HOUR.

Have plenty of boiling salted water in which a teaspoonful of soda has been dissolved. Plunge the cabbage in, top downward; leave it uncovered and let it boil until tender. It will take from twenty minutes to half an hour. Take it out into a colander; drain well, put into a hot dish; add butter, salt and pepper and serve at once.

BUTTERED CABBAGE.

Cook finely shredded cabbage until tender, in salted water, drain and put it back into the saucepan, add pepper and more salt and when well mixed a few tablespoonfuls of good vinegar. Serve hot.

CREAMED CABBAGE.

Shred the cabbage very fine and cook it until tender in boiling water, slightly salted, then drain in a colander and put it into a rich, well-seasoned white sauce. A few bits of finely chopped celery and a dash of onion improves the flavor.

FRENCH CABBAGE.

Select a white head, and after boiling, drain, chop fine and stir in melted butter, pepper and salt to taste and four tablespoonfuls of cream. Heat through and add two well-beaten eggs and turn the whole into a buttered frying pan, stir until very hot and let it brown underneath. Put a hot dish over the pan and reverse so that the brown underside will be on top when served in the dish.

HOT SLAW.

Shred a small head of cabbage very fine. Put a tablespoonful of butter in the bottom of a kettle and add the cabbage with a very little water. Cook about thirty minutes, then put in one pint of thick sour cream and boil about five minutes. Add a cupful of sour vinegar, into which have been put two tablespoonfuls of sugar, one teaspoonful of mustard, two beaten eggs and salt, pepper and cayenne to season highly. When well cooked and thickened serve.

RED CABBAGE WITH CELERY.

Trim one head of red cabbage and cut into quarters. Soak in cold water for one-half hour and slice very fine. Cut two heads of celery in fine slices. Just before serving add one teaspoonful chopped onion. Mix with French dressing and serve.

RUSSIAN PEROK.

Boil a small head of cabbage in salted water until tender, then cut in pieces; mix with diced hard-cooked egg, one for each cupful of cabbage. While hot add salt, pepper and enough cream to moisten the whole. Bake in a pie plate between two layers of rich pastry.

SAVORY CABBAGE.

Remove the outer leaves of cabbage and put to cook in boiling water for ten minutes. Drain and spread the leaves apart and place between them the following forcemeat: One pint of bread crumbs, moistened with soup stock, a half pound of sausage and one finely chopped onion, salt, pepper and nutmeg to taste for the seasoning. Tie the cabbage firmly with tape and put into a deep baking dish Pour over it a pint of stock and cover closely and cook until tender. Taste from time to time during the cooking. Serve very hot.

CREAMED CARROTS.

Scrape and wash the carrots, cut in thin slices crosswise; boil in salted water until tender, drain off the water, cover with sweet milk, add salt to taste and a small piece of butter. Thicken with a spoonful of flour to the consistency of good cream.

STEWED CARROTS.

Wash, scrape off the skin, cut into dice and leave in cold water for an hour. Put them into the inner vessel of a double boiler with no other water than that which adheres from the soaking. Cover closely and cook until tender. This will take longer with winter carrots than with those just pulled, and the dice into which they are cut should be smaller. When they are soft, turn into a deep dish and serve with butter, salt and pepper; or, with a white sauce made by cooking together a tablespoonful each of flour and butter, a half pint of milk; stir over the fire until the sauce is smooth and thick. Season to taste with salt and white pepper.

CARROTS WITH CURRIED RICE.

Fry one onion in two tablespoonfuls of butter, add two tablespoonfuls of stock and one teaspoonful of curry powder. Cover the pan and gently simmer for twenty minutes. Then throw a half cupful of rice into a quart of boiling water and cook until tender. Have ready diced, cooked carrots and brown in a little butter. When ready to serve, arrange the carrots on a platter and place the curried rice around them as a border.

NEW CARROTS WITH PEAS.

Scrape the carrots and cut them in slices a quarter of an inch thick; let simmer in water with half an onion until tender. At the same time measure twice the amount of peas. Cook together and see that most of the water is evaporated; combine the cooked carrots and peas, add salt, pepper and butter and a teaspoonful of sugar, and serve hot.

A NEW WAY TO SERVE CARROTS.

Scrub, scrape and wash three good-sized carrots. Chop them fine, put them in a kettle with a teaspoonful of sugar, one pint of boiling stock and a teaspoonful of chopped onion. Simmer gently until tender, then add half a teaspoonful of salt, one saltspoonful of white pepper and one tablespoonful of chopped parsley. Simmer one or two minutes longer, then add the juice of half a lemon. Pile on a round vegetable platter or in a shallow, open dish. Garnish with buttered toasted bread strips or toast triangles. Serve hot.

CAULIFLOWER IN CASES.

Wash the cauliflower, separate the flowerets and boil in salted water. When done, drain and put in a cream sauce. Scoop out the inside of some breakfast rolls, toast them to a nice brown and fill with the creamed cauliflower.

CAULIFLOWER AU PARMESAN.

Cook the cauliflower in boiling salted water until tender and break it into small branches. Butter a baking dish, put in the cauliflower with

stems down, cover with white sauce, sprinkle with two tablespoonfuls of grated parmesan cheese, cover with buttered crumbs and bake until brown.

CREAMED CELERY.

Remove the leaves and small stalks from two heads of celery, wash and cut in half-inch lengths. Boil in salted water until tender. While the celery is boiling make a sauce of one cupful of cream or thick milk and one tablespoonful of butter mixed with flour. Boil the sauce until it is smooth and thick. When the celery is ready, drain and place it in a dish, pour over it the sauce and serve.

FRIED CELERY.

Parboil celery until soft, after cutting in three-inch pieces. Drain, sprinkle with salt and pepper and dip in batter, fry in deep fat, drain on brown paper. Serve with tomato sauce.

CREAMED CHESTNUTS.

This is a delicious dish where chestnuts are reasonable in price. Boil until tender a cupful or two of chestnuts. Serve in well-seasoned, rich, white sauce. An egg may be added to the sauce to make it richer or cream used instead of milk. Serve as a vegetable.

MASHED CHESTNUTS.

These are served in place of potatoes and are seasoned as one does potatoes. Cook the blanched nuts in milk until very soft, then mash and season with salt and butter.

CORN, CALIFORNIA STYLE.

Mix a can of corn with a chopped green pepper and a half cupful of thick white sauce, well seasoned with salt. Turn into a buttered casserole and cover with strips of bacon. Bake in the oven until the bacon is cooked.

CORN OYSTERS.

Take a pint of corn and simmer on the stove for ten minutes. If too dry add a little water. Season with a teaspoonful of salt, a few dashes of pepper and a teaspoonful of butter, with two tablespoonfuls of milk. Allow the mixture to cool, then stir in two well-beaten eggs and a cupful of fresh, crisp cracker crumbs. One-half teaspoonful of baking powder is often added to give lightness. To be sure they are crisp, dry them in the oven before rolling them. Put a tablespoonful of bacon fat in the frying pan and when smoking hot fry the oysters until brown on both sides. Serve at once when cooked.

GREEN CORN PUDDING.

Score the kernels of two dozen ears of sweet corn and press out the pulp. Add a cupful and a quarter of milk, three eggs well beaten, two tablespoonfuls of flour, three tablespoonfuls of butter, half a tablespoonful of sugar and a teaspoonful of salt, season well with pepper. Turn into a well-oiled baking dish and bake one hour in a moderate oven. Corn and coarse crumbs may be arranged in layers, if the bread crumbs are liked.

BOILED CUCUMBERS.

Pare and cut the cucumbers in four pieces lengthwise. Remove the seeds, sprinkle with salt and let stand an hour. Drain and cook in boiling water. Serve on fried bread with a hot egg sauce well seasoned with pepper, salt and onion juice.

FRIED EGGPLANT.

Pare an eggplant and cut in very thin slices. Sprinkle slices with salt and pile on a plate. Cover with weight to express the juice, and let stand one and one-half hours. Dredge with flour and saute slowly in

butter until crisp and brown. Eggplant is in season from September to February.

EGGPLANT FLAKES.

Boil the eggplant in hot water until tender; mash, add one beaten egg, seasoning, minced onion, milk and flour enough to make a stiff batter. Form into cakes and fry on both sides.

STUFFED EGGPLANT.

Take two good-sized eggplants and boil until tender. Remove from the fire and cool. Into a wooden bowl put two good-sized onions, peppers, a few sprigs of parsley, four cloves of garlic and four or five ripe tomatoes; chop these fine and add two cupfuls of cracker crumbs. Mix thoroughly. Scoop out the inside of the eggplants, being careful not to break the outside; put this into a bowl, chop, add to the prepared vegetables, season with salt and butter, fill the shells, sprinkle with buttered crumbs and grated cheese and bake. Serve from the shells.

BOILED BORECOLE OR KALE.

Use half a peck of kale. Strip the leaves from the stems, choosing only the crisp and curly leaves. Wash through two waters and drain. Boil for twenty minutes in salted water, then turn into a colander and let cold water run over it. Drain again and chop fine. Brown a small onion in a tablespoonful of butter, add the kale, and when hot and well seasoned serve.

BAKED MACARONI OR SPAGHETTI WITH TOMATO.

Put macaroni in boiling water with a teaspoonful of salt and boil hard for thirty minutes. Drain off the water. Put in a baking dish. alternate layers of macaroni, tomatoes, onion sliced very thin, and grated cheese. Sprinkle with salt, pepper and little pieces of butter; repeat until dish is full, leaving a layer of cheese on top.

NUT LOAF.

Mix a cupful of chopped nuts with two cupfuls of bread crumbs, add two eggs mixed with a pint of milk. Season with salt and pepper and bake until firm and brown. Serve as a vegetable.

FRIED OKRA.

Fry together three sliced onions and some chopped pieces of fat bacon. Steam until tender two pints of okra, drain dry and stir in with the onions. Season with salt and cayenne pepper.

DEVILED ONIONS.

Mince six cold-boiled onions fine, make a thick sauce of one teaspoonful flour, one tablespoonful butter and two-thirds of a cupful of milk. To this add the minced onion and finely mashed yolks of two hard-boiled eggs, one teaspoonful chopped parsley and a seasoning of salt and paprika. Butter scallop shells, fill with the mixture, sprinkle with bread crumbs and brown.

ROAST ONIONS.

Select large onions of a uniform size; do not remove the outer peeling, but roast them slowly in a baking pan with the jackets on. When tender peel and lay them in a covered dish, steaming hot. Heat a large tablespoonful of good butter in a pan; rub into it a tablespoonful of flour and turn in one-half cupful of cream. Heat it hot, but do not scorch the butter or let it boil. Add one-half teaspoonful of salt and a quarter of a teaspoonful of pepper. Turn this sauce over the onions and serve.

ONION SOUFFLE.

Cook the onions in boiling, salted water until soft, drain and force through a sieve; there should be one and one-fourth cupfuls of onion

pulp. Melt four tablespoonfuls of butter, add four tablespoonfuls of flour, and pour on gradually one-third cupful of water in which the onions have been cooked and one-third cupful of cream; then add the onion pulp and bring to the boiling point. Season with salt and pepper. Beat the yolks of three eggs until thick and lemon-colored and add to first mixture. Cut and fold in whites of eggs beaten until stiff and dry. Turn into a buttered baking dish and bake twenty-five minutes in a moderate oven. Serve at once.

STUFFED ONIONS.

Parboil six even-sized onions. Remove the centers and drain as much as possible of the moisture from the onions. Chop the centers, mix with bread crumbs, sage and other seasoning desired. Fill the cavities with this mixture, put a piece of butter on top of each. Bake in a dish, beating with stock or butter and water. Allow forty-five minutes for baking.

CREAMED OYSTER PLANT (SALSIFY).

Wash, scrape and put at once into cold acidulated water to prevent discoloration. Cut in inch slices, cook in boiling, salted water until soft, drain and add to white sauce. Oyster plant is in season from October to March.

OYSTER PLANT OR SALSIFY CAKES.

Cook oyster plant as for creamed oyster plant. Mash, season with butter, salt and pepper. Shape in small flat cakes, roll in flour and saute in butter.

BAKED PARSNIPS.

Scrape and cook in salted water until tender and cut in halves length-wise. Put in a baking dish and cover generously with butter and sprinkle thickly with sugar. Add half a cupful of water. Baste often and bake until brown.

PARSNIP CAKES.

Wash parsnips and cook forty-five minutes in boiling, salted water. Drain, plunge into cold water, when skins will be found to slip off easily. Mash, season with butter, salt and pepper, and shape in small, flat, round cakes, roll in flour and saute in butter.

CANNED PEAS WITH ONIONS.

Empty a can of peas, pour off water and thoroughly rinse. Cook a tablespoonful of finely chopped onion in a rounding tablespoonful of butter two minutes, add the peas, stirring until thoroughly heated; season with butter, salt and pepper.

PEPPERS STUFFED WITH MUSHROOMS.

Cut off the small ends from young green peppers, carefully remove the seeds and partitions and parboil five minutes. Mix two cupfuls of soft bread crumbs with three-quarters cupful of thick sweet cream, one cupful chopped mushrooms and one-fourth teaspoonful salt. Fill the peppers, stand them in a baking pan and bake half an hour, basting with one-half cupful of water mixed with one tablespoonful butter.

STUFFED GREEN CHILIES.

Remove stems and seeds from six green chilies. Boil two pounds of meat until tender and chop fine. Add a large ripe tomato, two small onions, one cupful boiled rice, chopped fine; add olives, raisins, a tablespoonful of vinegar, one tablespoonful of sugar and salt and pepper to taste. Fry the mixture in butter until all flavors are well blended, then stuff the peppers. Dip them in butter and fry in lard.

BROILED GREEN PEPPERS.

Cut young green peppers into quarters, remove the seeds and partitions, place on a greased broiler, cook over a clear fire until the edges

curl, sprinkle with a dash of salt, dot with bits of butter and serve on cooked beef.

CHANTILLY POTATOES.

Mound well-seasoned, light, mashed potatoes on a platter. Have beaten stiff one cupful of thick cream, add a half cupful of soft cheese and season with salt and paprika. Spread this over the top and set on the top grate of the oven to brown.

POTATO DRESSING FOR BAKED FISH.

Press hot mashed potato through a sieve, add four tablespoonfuls of cream and the yolks of two eggs, hard-cooked. Rub until smooth and press through the sieve. Add a teaspoonful of salt, a teaspoonful of prepared mustard and two tablespoonfuls of vinegar, mix and cool. Use with fish.

POTATO PUFF.

Prepare two cups of hot mashed potatoes. Add one-half cup of milk, two well-beaten egg yolks, two tablespoonfuls of butter. Salt and pepper to taste. Beat well. Add beaten whites of two eggs. Pile lightly in buttered baking dish and bake until puffed and brown.

POTATOES IN PATTY TINS.

Take cold mashed potatoes and press through a colander to remove the lumps, adding, if desired, a little milk and butter. With each cupful of the potatoes mix a large tablespoonful of grated cheese. Put into greased patty tins, sprinkle a little cheese on top and place in the oven until thoroughly heated and brown on top.

MASHED POTATO BALLS.

Mash two cupfuls of potato very smoothly, add to them a teaspoonful of chopped parsley, one egg, and salt and pepper. Beat until light. Form into balls the size of a walnut, roll in bread crumbs and fry a golden brown in deep fat.

PARSLEY POTATO BALLS.

Cut potatoes with a cutter into small balls, cook in boiling salted water, drain and shake in a dish of melted butter, with finely chopped parsley. Salt and a few dashes of red pepper are added, then serve as a garnish to a platter of poached eggs, chops or steak.

CLUBHOUSE POTATOES.

Cook potatoes in their jackets; peel and cut in cubes. Put one tablespoonful of butter to each cupful of potatoes in a hot saucepan; sprinkle with salt and paprika, then add thin cream to just cover the potatoes. Cook slowly forty-five minutes.

DELMONICO POTATOES.

Cut five cold potatoes into fine dice. Make a white sauce from one tablespoonful butter, one tablespoonful flour, one cupful milk and salt and pepper to season. Toss the potatoes in the sauce, turn into a baking dish, sprinkle the top thickly with one-half cupful grated cheese and bake until it is a light brown.

FRICASSEED POTATOES.

Slice a small onion, fry brown in a saucepan with butter, paprika, salt and pepper. Cut raw potatoes into half-inch squares and place on top of the onion and pour boiling water over to cover. Cook until all the water is boiled away and the potatoes are mealy. Continue the cooking process until the potatoes are richly browned.

POTATOES IN HALF-SHELL.

To each baked potato take one tablespoonful milk or cream and one-half tablespoonful butter. Salt to taste. Cut potatoes in two, length-

wise, and remove inner portion. Add butter, salt and cream. Beat until light, return to the shells pyramid fashion and set in oven to brown.

POTATOES WITH NUTS.

Mix together one cupful of chopped nuts and two cupfuls of bread crumbs, and put in a greased pan. Alternate layers of cold sliced potatoes and this mixture, finishing with the crumb mixture; pour over a cupful and a half of milk, well seasoned with salt and pepper. Bake slowly one hour.

POTATO PONE.

Grate raw potato enough to measure a quart. Pour over it three quarts of sweet milk to keep them from darkening. Beat two eggs, add two cupfuls of sugar, a cupful of butter and a little grated nutmeg. Grease and flour a pudding mold and bake in a slow oven for an hour. This is served often as a vegetable, or may be served with sweet cream as a dessert. This is an old favorite plantation dish.

SWEET POTATO PUDDING.

Steam and mash a quart of sweet potatoes, add a half cupful of butter and half a cupful of sugar, spices to taste and a cupful of boiling water and the juice of a lemon. Bake in a well-buttered baking dish until brown on top.

SWEET POTATO BALLS.

Boil and slice four good-sized sweet potatoes, cooked in their skins; pare and slice three tart apples. In a deep buttered dish put alternate layers of apple and sliced potato, a little melted butter and a sprinkling of sugar, repeating until all the ingredients are used; four tablespoonfuls of butter and a half cupful of sugar will be sufficient for the dish. Over the top pour a cupful of cream or rich milk and bake for one hour in a moderate oven.

BAKED SWEET POTATOES.

Steam in the skins or cook in boiling water until half done. Peel and slice a half-inch thick. Lay in the bottom of a baking dish and sprinkle with sugar and bits of butter. Then put in another layer and repeat until all are used. Cover with sugar and bits of butter, pour in a half cupful of water and vinegar and bake uncovered for a half hour. Then uncover to brown.

SWEET POTATO BALLS, EN SUPRISE.

Season two cupfuls of baked sweet potatoes that have been pressed through a colander with salt and pepper and add a beaten egg and a little hot cream. Form into balls and into each press a pitted prune, into which two walnut meats have been forced. This prune should not be visible. Dip the balls in crumbs and egg. Then brown the potato balls in deep fat, drain and serve at once.

CANDIED SWEET POTATOES.

Cut parboiled sweet potatoes into lengthwise slices and put them in a buttered pan. Cook for two minutes three-quarters of a cupful of water, one-half cupful brown sugar and two tablespoonfuls of butter. Brush the potatoes with this and bake them. Baste them with the sirup as they cook until they are well candied.

FRENCH FRIED SWEET POTATOES.

Cut in thick lengthwise sections some parboiled sweet potatoes and plunge them in a frying basket, into deep hot fat. Brown delicately, drain and season with salt.

SCALLOPED SWEET POTATOES.

Slice parboiled potatoes into a buttered baking dish and cover them with a well-seasoned white sauce. On top of the sauce put some melted butter and crumbs and bake for about twenty minutes.

YAMS WITH ROAST BEEF.

Lay the peeled and parboiled yams around the roast and baste them when the roast is basted. Bake until the yams are well browned. They are also good cooked with pork.

CURRIED RICE.

Melt two tablespoonfuls of butter in a frying pan, brown two tablespoonfuls of chopped onion, add two teaspoonfuls of curry powder, and cook for five minutes; add three cupfuls of cooked rice, one cupful of brown sauce, two teaspoonfuls of chutney, two teaspoonfuls of vinegar, one chopped tomato, stir gently until hot. Serve with hard-cooked eggs as a border around the base of the dish.

CREAMED SPINACH.

Pick over spinach and cut off the roots, and wash thoroughly. Put into boiling water and cook twenty-five minutes. When tender, drain and chop fine. Season with salt, pepper and plenty of butter, and add one-half cup of cream. Serve hot.

SPINACH WITH EGGS.

Melt two tablespoonfuls of butter; when bubbling blend in one tablespoonful of flour, then add one quart of finely chopped cooked spinach and cook and stir five minutes. Add half cupful of cream, season with pepper and salt; cook and stir three minutes longer and arrange in a mound on a heated dish. Garnish with slices of hard-boiled eggs and serve at once.

SPINACH (FRENCH STYLE).

Pick over and wash one peck spinach and cook in boiling salted water twenty-five minutes. Drain and chop fine. Reheat in a hot pan with four tablespoonfuls butter to which have been added three tablespoonfuls of flour and two-thirds of a cupful of chicken stock. Season with one teaspoonful of powdered sugar, salt, pepper and a few gratings each of nutmeg and lemon rind.

MOULDED SPINACH.

Pick over and wash one peck spinach. Cook in an uncovered vessel with a large quantity of boiling, salted water, to which have been added two-thirds teaspoonful of soda and one teaspoonful sugar. Drain very thoroughly and finely chop. Season with one-third cupful of butter and three-fourths teaspoonful salt, and reheat. Press into a buttered border mold, and keep in a warm place until serving time. Remove to hot platter and fill center with seasoned, small boiled beets. Surround with four hard-boiled eggs, cut in sixths lengthwise. Serve with oil and vinegar if wished.

SOUBRICS OF SPINACH.

Wash, boil and drain two quarts of spinach; then chop. Add two tablespoonfuls of grated Parmesan cheese and two egg yolks, slightly beaten, and season with one-half teaspoonful of salt and a few grains each of cayenne and nutmeg. Cook five minutes, stirring constantly. Remove from the range and stir in the unbeaten white of one egg. Measure by rounding tablespoonfuls, saute in butter, arrange on hot serving dish and serve.

TO MAKE SUCCOTASH IN WINTER.

Take small white beans, soak them twelve hours and then put them on to boil. When half done add the corn and let them boil until soft, when add butter, salt and pepper.

FRIED GREEN TOMATOES.

Cut green tomatoes in thick slices without peeling, sprinkle with pepper and dip in beaten egg, roll in crumbs and fry in hot butter until a delicate brown. Serve hot.

SCALLOPED TOMATOES.

Peel and cut in thick slices eight firm tomatoes. Put a layer of them in a deep baking dish, dot with butter or sprinkle with olive oil; add a little grated cheese and a bit of chopped onion. Repeat the layers until the tomatoes are all used. Cover with buttered bread crumbs and bake three-quarters of an hour. Nuts may be used with the layers of tomatoes.

STUFFED BAKED TOMATOES.

Cut a slice off the stem end of the desired number of tomatoes. Scoop out center and mix with rolled cracker crumbs, pepper, salt and a little butter and some rice and chopped green pepper. Put back in the shells, sprinkle with bread crumbs and bake.

A NEW WAY OF COOKING TURNIPS.

Wash the turnips, pare and cut into cubes; there should be three cupfuls. Put into boiling water and boil until partly done, then drain and put in a casserole with one and one-half teaspoonfuls of salt, one-half teaspoonful of sugar, one-quarter cupful of butter and one-third cupful of water. Cover and cook in moderate oven until turnips are soft.

SCALLOPED TURNIPS AND CHEESE.

Take five or six white turnips, according to the number to be served. Parboil the turnips until tender, drain, cut in cubes and put in a buttered baking dish, in which a layer of buttered crumbs has been placed. Cover with a white sauce and sprinkle with bread crumbs and grated cheese, then brown in the oven.

FRIED TURNIP.

Peel white turnips, cut them into cubes about one-half inch square; let them stand in cold water one-half hour, then boil in salted water until tender. Drain and fry in butter until a golden brown on both sides.

HOW TO UTILIZE TURNIP CUPS.

As a little variety in serving vegetables try small peas or lima beans packed in turnip cups set in cream sauce. Peel and scoop out turnips, and after boiling the shells until transparent they are ready to fill. Remember in cooking fresh peas to put them in a pan of cold water for half an hour after shelling. Boil them in salted water (not too much water) and cook until tender.

HOTCH POTCH.

Take one cupful of pearl barley, one small cabbage, two carrots, two onions, one turnip, parsley and herbs, piece of butter, pepper and salt. Put three quarts of water in a saucepan and add all the vegetables and cook for two and one-half hours.

VEGETABLE COMPOTE.

Chop vegetables left from a boiled dinner, such as cabbage, parsnips or potatoes. Sprinkle with pepper. Then place a frying pan over the fire with a piece of butter the size of a hickory nut in it and when butter begins to melt tip the pan in order to oil the bottom. Add the vegetables and one or two spoonfuls of hot water which has been boiled. Cover quickly to keep in the steam. When heated thoroughly take off cover, stirring contents occasionally until well cooked. Serve hot.

VEGETABLE HASH.

Put through the meat chopper sufficient cold boiled potatoes and uncooked seeded peppers to make three-fourths of a pint each. Add a fourth of a pint of chopped onions and the pepper juice, mix and season with salt. Place a generous tablespoonful of butter in a frying pan and when sizzling hot add the vegetables and two tablespoonfuls of milk or stock. Cook carefully on one side, then when brown turn over like an omelet and serve.

UNSWEETENED SAUCES AND GRAVIES

AN UNDERSTANDING of how to make sauces and gravies is important, because they are very popular, and because they are widely used to garnish dishes and as accompaniments of dishes to make them more palatable; again, many sauces are quite nutritious. The receipt for white sauce has been placed first in the following division, because it is possible to make a large variety of sauces with this as a foundation, and because when the making of a good white sauce is mastered most other sauces become easy to make. The perfect seasoning of sauces is exceedingly important, and if sauces do not fall short in this they cannot fail to be good and acceptable. A well-seasoned sauce will make the utilization of many "left-over" dishes possible; so for all these reasons let us study the theory of sauce-making and add to the small collection we have in this division.

WHITE SAUCE.

Two tablespoonfuls butter, two tablespoonfuls flour, one cupful milk (hot), one-fourth teaspoonful salt, sprinkle pepper. Melt the butter in a saucepan, add the flour and seasoning and blend carefully with it. When this mixture bubbles up add the hot milk and stir constantly until it thickens. Boil three minutes.

BREAD SAUCE.

Put a slice of bread half an inch thick in two cupfuls of water. Chop an onion and add, and boil the mixture. Season with pepper. Rub through a fine sieve and put in a small saucepan. Add salt, a tablespoonful of butter and a few tablespoonfuls of cream. Bring to the boiling point once and serve hot.

BROWNED FLOUR FOR GRAVY.

Keep a quantity of browned flour on hand for making gravy; you will find it saves a great deal of time. Put several spoonfuls evenly on the bottom of a baking pan and stir it over a moderate fire until it becomes an amber brown. Turn it into a bottle and keep for use.

GRAVY FOR BEEF OR MUTTON.

One-half cupful walnut catsup, one small cupful tomato catsup, one small cupful sherry (may be omitted), one tablespoonful butter, rubbed smooth with flour; one small onion chopped very fine, one teaspoonful currant jelly. Salt and pepper. When thoroughly mixed lay slices of the meat in a dish, pour the gravy over, then set dish in the oven until all is well heated through. Serve.

DUTCH SAUCE.

Melt one tablespoonful of butter in a small saucepan, stir in a tablespoonful of flour; when well blended add gradually a cup of milk; boil three minutes, then add one tablespoonful of vinegar, one teaspoonful of mustard, a dash of salt and the yolks of two eggs; stir until it thickens, but do not boil. Serve hot.

GIBLET SAUCE.

Cook the giblets until tender, and when cool chop them. Add a cupful of the liquor in which they were cooked, a teaspoonful of kitchen bouquet, salt and pepper. Add the gravy from the turkey and thicken with flour. Cook until smooth and serve unstrained.

HORSERADISH SAUCE.

Horseradish mixed with vinegar and sweet cream, salt and a little mustard, makes a nice sauce to serve with steak or fish.

BOILED HORSERADISH SAUCE.

Melt a third of a cup of butter in a saucepan and stir a half cup of flour in it. When this is hot pour in a pint of boiling milk and stir until it forms a smooth sauce. Boil for twenty minutes. Season with a pinch of cayenne, a half teaspoonful of salt, and strain. Add two stalks of grated horseradish.

MINT SAUCE.

Add three tablespoonfuls of finely chopped mint to two of powdered sugar, then add a tablespoonful of boiling hot vinegar and let stand an hour before serving. The addition of a few drops of olive oil before serving may be desirable.

BOTTLED MINT SAUCE.

Make mint sauce in summer according to the favorite recipe, when there is plenty of fresh mint to be had. Bottle and seal and you will have delicious mint sauce all winter without the trouble of making it.

FRESH MINT SAUCE.

Chop a handful of sprigs of mint with a sharp knife until well bruised and fine, add two tablespoonfuls each of sugar and of boiling water; let stand for a few minutes to steep, then add hot vinegar—only a quarter of a cup if quite strong; if the vinegar is not very strong, the water may be omitted and the hot vinegar used to steep the mint in.

MUSHROOM SAUCE.

To make mushroom sauce add half can of quartered mushrooms to one cup of brown sauce and simmer gently for four or five minutes.

SWEET PEPPER GRAVY.

Allow a cupful of chopped pepper to each pint of gravy. Add this with the juice to the pan of gravy before the meat is done. Let them cook until the meat is removed, then make the gravy in the usual way, serving the peppers without putting them through sieve.

SALADS

SALADS are dishes made of many uncooked plants, fruits, cheese, eggs and nuts or of cooked vegetables and meats, used singly or appropriately combined, seasoned and dressed. Mayonnaise dressing, French dressing, cream dressing and cream offer a choice of dressings to use. Salads may be served as the substantial course at various simple meals, or as a subordinate course at more elaborate meals. All salads are cooling and refreshing. They supply mineral substances and acids, and many of them are exceedingly nutritious. A practical value of salads is that they offer excellent opportunities for utilizing "left-over" foods. In making salads if the following directions are observed they cannot fail to be good. Salad materials should be cold and of uniform and small size. The various ingredients should not be mixed until just before the salad is to be served.

Lettuce should always be very carefully cleaned several hours before it is wanted and then wrapped in a wet cloth and put directly on ice until it is wanted.

In mixing a plain lettuce or other green salad it is well to put the oil on first and then carefully toss the leaves about until all are covered in every part, with a thin coating of the oil. Then add the other ingredi-

ents and toss again. A small quantity of oil is sufficient when this method of thorough mixing is observed.

Salads of all kinds should be gently handled; that is, they should not be heavily turned, but mixed in a very large bowl, by running the fork and spoon down the sides of the dish and then gently tossing the salad with an upward movement, letting it mix as it falls back.

The various accompaniments of a salad add much to its attractiveness. One thing full of possibilities is the wafer. This should always be crisp; if they are damp they can be crisped in the oven. Small wafers flavored with cheese are delicious with salad. So are thin salt wafers dotted with butter and sprinkled with pepper and browned in the oven. These should be served hot.

The following are some herbs that are very easy to grow and which are fragrant additions to our salad bowl: Basil is an aromatic plant not unlike sage, but much more elusive and delicate in flavor. Sweet marjoram is also less coarse than sage and its use should not be limited to Thanksgiving turkey. Chervil and chives are two other pot herbs, the first delicately fragrant and the second of the onion family, with a pronounced onion taste. A little clump of either may easily be grown in a windowbox and offer a perennial sprig for our salads. Summer savory is another herb which should be better known, and coriander is a little plant whose seeds are particularly agreeable when added to beets and other relishes.

Salads have been classified here according to the chief ingredients. The order is as follows: Fish, eggs, meat, nut, cheese, fruit and vegetable. The only exception to this arrangement is made because of a color. These recipes are to be found at the end.

CHICKEN HALIBUT SALAD.

Cut three pounds of chicken halibut in one-inch slices and cook them in a court bouillon made from two quarts of cold water, one carrot, two onions, one-half a wineglassful of vinegar and seasoned to taste with thyme, bay leaves, parsley root, salt and whole pepper. Boil this bouillon thirty minutes, then allow it to cool before placing the fish in it. Cook to the boiling point for ten minutes, then remove from the fire and chill the fish on ice. Make a dressing from one soupspoonful of French tarragon mustard, one spoonful of vinegar, three spoonfuls of olive oil, one-half teaspoonful of salt, one-half teaspoonful of minced chervil and chives and pepper to taste.

NIPPON SALAD.

To one cupful of crab meat add one dozen stuffed olives, chopped, two cupfuls of celery, add French dressing to marinate and serve with mayonnaise dressing, garnish with pickles and capers.

OYSTER SALAD.

Wash and dry carefully two dozen oysters; lay on a dish and place on ice. Rub the yolks of six hard-cooked eggs through a sieve, add a teaspoonful of melted butter, two tablespoonfuls of vinegar, a teaspoonful of tomato catsup, a little salt and a teaspoonful of chili powder. Mix thoroughly, squeezing the juice of half a lemon over the oysters. Toss them in the sauce and serve on shredded celery, garnished with celery tops.

DELICIOUS OYSTER SALAD.

Take one quart of very small oysters, one pint of celery, two tablespoonfuls of French salad dressing and one cup of mayonnaise. Parboil the oysters in their own liquor, remove from the fire and allow them to stand in the liquor until cold. Drain and add the French salad dressing. When ready to serve combine the celery and the oysters, add the mayonnaise and garnish with curled celery.

SALAD OF SARDINE BALLS AND SLICED CUCUMBERS.

Remove the skins from a box of sardines, rub to a paste, add a teaspoonful of Worcestershire sauce a dash of salt, a drop of tabasco, and form the paste into balls the size of a walnut. Peel cucumbers, remove the seeds after slicing and let stand in cold water until crisp. Arrange a ball of the sardines in each slice and serve on lettuce with French dressing.

EGG AND SARDINE SALAD.

Slice one head of celery and four hard-boiled eggs, and place in salad bowl. Mash yolks of the eggs, four sardines, salt and pepper together and use enough cream to form a thick paste. Thin with vinegar. Mix French dressing on the celery and white of eggs, and over that pour the cream dressing.

JELLIED FISH SALAD.

For two cupfuls of fish flakes use quarter of a package of soaked gelatin and a generous cupful of hot fish or chicken broth. Cook the fish in well-season and acidulated water, and when flaked mix with finely minced capers, a little sweet, green pepper, blanched and chopped, or a pimento cut in small bits. Add the gelatin, mix and mold. Unmold, when chilled, and serve on heads of lettuce with a garnish of salad dressing.

SALAD OF SWEETBREADS IN ASPIC.

Braise the sweetbreads and cut them in two lengthwise. Have ready some molds of the size to hold them and in the bottom of each mold put dice-cooked carrots and green peas. Cover with aspic jelly and let it harden. Then lay the sweetbreads on this jelly and cover them with liquid aspic. Allow it to harden and turn from the molds.

EGG, PEPPER AND LETTUCE SALAD.

Wash the tender leaves of lettuce and arrange on a flat dish; chop fine two green peppers and sprinkle over this, then add two hard-cooked eggs, also chopped; cover with French dressing and serve well chilled.

NEW CHICKEN SALAD.

Take one cupful of cold chicken that has been chopped and shredded very fine and one ounce of pate de foie gras. Add to it one ounce of cooking sherry, the beaten yolks of two eggs and a cupful of clear chicken broth. Season to taste with salt and cayenne. Heat the mixture through and cool. Add one ounce of dissolved gelatin to a cupful of whipped cream. Beat the whites of three eggs to a froth and mix all lightly together. Put in a mold and set on ice six or seven hours. Serve on a bed of green with mayonnaise.

BEEF USED IN SALAD.

Although beef is not at all an ideal salad meat, surprisingly good meat salad may be made from a small piece of boiled beef (bouilli). A half cupful of such meat cut in small pieces and mixed with daintily cooked vegetables and a mayonnaise dressing may be very tasty and will make an unexpectedly large salad. The vinaigrette of beef, a popular way with the French of using left-over boiled beef, is practically the same thing as a beef salad, except that the meat is cut in as pretty slices as possible and allowed to lie in the dressing for a time before it is served. This is what is called marinating the beef. It is good for luncheon with hot vegetables.

GERMAN SALAD—I.

Half a cup of roast or boiled veal cut in small pieces, one-half cupful of beets, one-half cupful of celery, two apples, three salt herring boiled and cut small; add a tablespoonful of capers and serve with French dressing.

HAM SALAD—I.

Boil a slice of ham in water for half an hour, then cut in fine dice; mix with celery a few chopped olives, using twice as much ham as celery sprinkle with celery salt and serve with a good boiled dressing.

HAM SALAD—II.

Mince a cupful of cold boiled or fried ham, four hard-cooked eggs, a teaspoonful of celery seed, one of mustard, one of Worcestershire sauce, two green peppers. Arrange in nests of crisp lettuce and serve with boiled dressing.

HAM SALAD, JELLIED.

Soak a quarter of a box of gelatin in one-quarter of a cupful of cold water, add three-quarters of a cupful of boiling chicken stock, and strain. Add one cupful of ham chopped and highly seasoned with cayenne and lemon juice. Let stand until it begins to thicken, then add a cupful of whipped cream and turn into a mold.

ALMOND SALAD.

Blanch and shred a half cupful of almonds, add six olives, stoned and chopped, a half cupful of celery and a half cupful of boiled dressing or sufficient French dressing to season well. Serve on lettuce leaves.

HICKORY NUTS AND CHEESE.

Beat to a cream one tablespoonful of butter, then add six tablespoonfuls of cream cheese. Mix thoroughly, adding a little oil if necessary to make it creamy. Have ready a cupful of hickory nut meats well broken; mix with the cheese; season with salt, pepper and a little lemon juice; make in balls and serve on lettuce leaves as a salad.

NUT SALAD.

A very tasty salad of nuts has oranges and olives sliced on crisp lettuce leaves and thickly sprinkled with the halves of English walnuts or beech nuts. The dressing is a simple mixture of imported olive oil, sugar, lemon juice and salt and pepper.

CHEESE SALAD.

Put one tablespoonful of olive oil and the yolk of a hard-cooked egg into a saucepan, beat together with a spoon, add a half teaspoonful of salt and a quarter of a teaspoonful of pepper to these ingredients, and mix well. Grate a pound of cheese and mix that with a teaspoonful of made mustard, add to the first mixture and then add two tablespoonfuls of vinegar, and serve on lettuce leaves.

FRENCH SALAD.

Stuff stalks of endive with Rocquefort cheese, let marinate in French dressing twenty minutes, slip a red pepper ring around each stalk and lay on green lettuce leaves. Add a little of the French dressing before serving.

APPLE AND BANANA SALAD.

Scoop out two apple balls from peeled apples, using a French vegetable cutter, and prepare banana balls in the same way; cover both with a generous sprinkling of lemon juice to keep them from discoloring, and serve on lettuce leaves with French dressing.

BANANA SALAD.

Peel and scrape ripe bananas. Cut each one in two pieces and cut off the sharp end, making them look like croquettes. Roll them in chopped nuts of any kind—either peanuts, hickory nuts or walnuts. Lay on a leaf of lettuce and serve with a little French dressing containing a great deal of olives.

DATE SALAD.

Arrange six dates from which the stones have been removed, star

fashion on a lettuce leaf. Sprinkle with cream cheese, put through a ricer, add strips of red pepper and a tablespoonful of boiled or mayonnaise dressing.

DELICIOUS SALAD.

Mix together a cupful of candied cherries cut in bits, a cupful of marshmallows cut in quarters and a half cupful of shredded blanched almonds. Add a tablespoonful of boiled dressing to a cupful of whipped cream and stir the fruit mixture into the cream. Heap on nests of lettuce or in orange or apple cups to serve. Garnish with the salad dressing.

FRUIT SALAD.

A slice of pineapple placed on the tender heart leaves of lettuce and on each slice two sections of orange and grape fruit, cover with French dressing that has been mixed with bits of ice to chill. Pour over and serve at once.

LEMON WALDORF SALAD.

Chop rather fine a cupful of good tart apple add a half cupful of nuts and a cupful of celery finely cut, using only the tender portions. Mix with a lemon jelly, mold and serve with mayonnaise dressing on lettuce leaves.

PINEAPPLE SALAD.

Cut a ripe, mellow pineapple into slices, pare each slice and remove the eyes. Sprinkle lightly with sugar and allow to stand a few hours to extract the juice. Drain, and to the slices add one-half as much grapefruit, tart apple or seeded Malaga grapes. Arrange on lettuce leaves. Dress with mayonnaise and decorate with halved grapes or candied cherries.

WALDORF SALAD.

To equal quantities of chopped apple and celery add a quarter of the quantity of walnuts or filberts, coarsely chopped. Mix with either French or boiled dressing.

ARTICHOKE SALAD, A LA PRINCESS.

Take some cooked Jerusalem artichokes, season well with olive oil, add a little mushroom, sweetbread and cooked ham, all chopped; season with salt and pepper, pile in the center of a bed of crisp lettuce, pour over a bit of boiled dressing, and serve.

ASPARAGUS SALAD.

Place a cupful of canned asparagus tips on lettuce leaves. Cover with thin slices of red and green peppers and serve with well-chilled French dressing.

CUCUMBER SALAD SUPREME.

Pare and slice thin four cucumbers, two bunches of spring onions, a dozen radishes, one small green pepper. Marinate in French dressing twenty minutes, drain and fill half green pepper shells. Put a little heap of mayonnaise on each and lay the shell on a red and green beet leaf. This is decorative as well as good.

LIMA BEAN SALAD.

Over a pint of well-cooked cold lima beans pour four tablespoonfuls of olive oil, two tablespoonfuls of vinegar, one teaspoonful of grated onion pulp, half a teaspoonful of salt and a few dishes of paprika. Serve on lettuce or a bed of water cress.

STRING BEAN SALAD.

For a can of beans mix four tablespoonfuls of olive oil, two tablespoonfuls of vinegar, a few dashes of cayenne pepper, a tablespoonful of catsup and a teaspoonful of grated onion, a half teaspoonful of salt or as

much as is needed. Pour this dressing over the beans and toss until well mixed.

BEET SALAD.

Slice cold boiled beets, cut into strips; line a salad bowl with white, crisp lettuce; heap the beets in the center and pour mayonnaise dressing over them just before it goes to the table.

BEET AND CELERY SALAD.

Mix equal quantities of chopped boiled beets and crisp celery; moisten with boiled dressing and serve on lettuce leaves.

CABBAGE SALAD—I.

Cabbage eaten raw is more digestible than when cooked. When serving it raw it should be very finely shredded or chopped and allowed to stand in cold water to crisp. Drain well, add salt, sugar, thick sweet cream and a very little vinegar. This makes a most delicious salad to serve at any meal.

CABBAGE SALAD—II.

Put one-half cupful of vinegar and one tablespoonful of butter to heat in a double boiler. Beat the yolk of one egg, one tablespoonful of flour, one of sugar and two of sour cream, cook smooth in the vinegar. Just as it thickens stir in the well-beaten white of an egg and pour over shredded and well-salted cabbage.

COLD SLAW.

Shred a head of cabbage very fine, then pour over the following, boiling hot, a half cupful of vinegar, a tablespoonful of butter; take from the heat, add a beaten egg and three tablespoonfuls of sweet cream. Season with salt, mustard, pepper and sugar. Pour over the cabbage hot.

EMERGENCY SALAD.

A most appetizing and inexpensive salad may be made of a small amount of cabbage, a few stalks of celery and a small onion, all chopped fine and dressed with a French dressing, adding a teaspoonful of Worcestershire sauce and plenty of salt with a few dashes of pepper. Serve on lettuce or simply as a vegetable with the meat dish.

CELERY AND PINEAPPLE SALAD.

Shred pineapple with a fork and add chopped celery in equal quantities, mix with mayonnaise dressing and serve on lettuce leaves.

LUNCHEON CELERY.

Take well-seasoned cottage or cream cheese, form into cones with a small ice cream cone, drop on a lettuce leaf and garnish the top with a sprig of celery.

CORN SALAD.

Cut cold boiled corn from the cob, carefully removing any shreds of silk that have lingered between kernels. Line a salad bowl with small white leaves from the heart of a lettuce head and then heap the corn in the center. Pour the mayonnaise over the whole, being sure to have plenty of it. It is much better served alone with mayonnaise than mixed with other vegetables.

CORN AND RICE SALAD.

Take equal quantities of cooked corn, well drained, and rice cooked until soft; mix and season with salt, pepper. Add stiff mayonnaise dressing. Serve on lettuce leaves.

EGYPTIAN SALAD.

Take cold boiled corn, cut from the cob, a bit of chopped onion and red pepper, a few cooked peas and bits of potato and a sprinkling of parsley, mix with French dressing and serve on lettuce.

CUCUMBER SALAD.

Slice very thin a half of a small Spanish onion and lay in the bottom of a salad bowl; on this slice very thinly two cucumbers, season with salt and a teaspoonful of sugar. Let this stand two hours before serving. Then mix one tablespoonful of tomato sauce, a teaspoonful of mustard, three tablespoonfuls of cream and a tablespoonful of olive oil. Pour this over the salad and serve with roast beef.

HOT POTATO SALAD.

Cook potatoes in dice, drain and add chopped onion, bits of bacon and enough bacon fat and vinegar to form a dressing.

POTATO SALAD.

Boil pared potatoes in water in which tongue or corned beef has been cooked. Rub a bowl with a clove of garlic, add ten leaves of mustard, a green pepper and three sprigs of finely chopped parsley to each quart of potato cubes; add two hard-cooked eggs and a good French dressing.

VEGETABLE SALAD.

Take equal portions of cooked potatoes and beets and one-half the quantity of celery and cabbage. Add a few English walnuts. Mix with a boiled dressing and serve on lettuce leaves.

AN UNUSUAL SALAD.

Hollow out small tomatoes and fill with sardines, well seasoned with lemon juice, turn upside down on lettuce and cover with boiled or mayonnaise dressing.

TOMATO AND PEANUT SALAD.

Peel the tomatoes carefully and remove the centers so as to form a cup. Fill with chopped cabbage and chopped peanuts, well mixed. Add French dressing. When serving, top with a spoonful of mayonnaise.

GREEN SALAD.

On green but tender leaves of lettuce put a little mound of spinach which has been boiled and pressed through a sieve and mixed with French dressing. In the center of each mound, concealed by the spinach, put a spoonful of chopped hard-boiled egg.

GREEN AND WHITE SALAD.

Peel and boil tiny white turnips of equal size and hollow out the center of each. Fill with cold-boiled peas and mayonnaise and put on green lettuce leaves.

ORANGE SALAD.

Make mayonnaise with much egg yolk in proportions to other ingredients, and thin with cider vinegar. Dice tender carrots and arrange on lettuce leaves, dressing with orange mayonnaise.

PINK SALAD.

Strain tomato juice and mix it with equal quantity of white stock—veal or chicken. Thicken sufficiently with gelatin and harden in molds. Serve on white lettuce leaves, with mayonnaise that has been colored with a little cranberry juice.

RED SALAD.

Scoop out the insides of tomatoes. Save the slice removed from the top for a cover and replace it on the tomato after filling it with a mixture of celery and nut meats, mixed with mayonnaise. Place each tomato on a white leaf of lettuce.

YELLOW SALAD.

To make a yellow salad use the yellower heart leaves of lettuce. On

them put diced orange pulp, dressed with French dressing and sprinkled with chopped walnut meats. Or else scoop out the centers of small yellow-skinned apples and fill them with a mixture of orange and apple, dressed with mayonnaise made with lemon juice for thinning and flavoring of mustard.

WHITE SALAD—I.

Celery, potato, chicken—white meat only—whitefish, blanched asparagus—any or two of these may be used for white salad. Dress with French dressing or with a white mayonnaise, to which the beaten white of an egg has been added and which has been thinned with vinegar.

WHITE SALAD—II.

One cup celery cut in small pieces, one small white cabbage cut fine, one-half cupful of almonds blanched and cut fine, one-half box gelatin, soaked in a pint of hot water, one teaspoonful salt, one-half cupful of sugar. When the dissolved gelatin is cooled add the juice of three lemons and all the other ingredients. Mold in a square pan, cut in squares and serve on lettuce, with French dressing.

SALAD DRESSINGS

THE important salad dressings are cream salad dressing, mayonnaise dressing, French dressing and whipped cream. Many varieties of dressings can be made if these are mastered, using these as the foundation. If whipped cream, either sweet or a little sour, is available the quality of either the cream dressing or the mayonnaise dressing is greatly improved.

CREAM SALAD DRESSING—I.

Mix thoroughly two tablespoonfuls butter, two tablespoonfuls sugar, two tablespoonfuls flour, one saltspoonful salt, one tablespoonful dry mustard; add two eggs, well beaten; cook with one cupful milk until it thickens in double boiler; chill, add three-fourths of a cupful of lemon juice or vinegar, and serve with any kind of salad. Fold in whipped cream, sweet or sour, if some is at hand.

CREAM SALAD DRESSING—II.

Two egg yolks, one-half cupful butter, one teaspoonful salt, one tablespoonful mustard, one-quarter teaspoonful pepper, one teaspoonful sugar, juice of two lemons or one-quarter cupful vinegar. Cream the butter, add the beaten yolks mixed with seasonings. Cook over water until thick, stirring constantly. Remove from fire, add lemon juice and mix with whipped cream as it is used.

CREAM SALAD DRESSING—III.

One-half pint sweet or sour cream, two tablespoonfuls lemon juice, one tablespoonful sugar, one teaspoonful salt, one-quarter teaspoonful pepper, one teaspoonful mustard. Beat the cream until it is light and thick; add the other ingredients.

MAYONNAISE DRESSING.

Mix one teaspoonful each of mustard, salt and powdered sugar, if desired; a few grains of cayenne, one-half a teaspoonful of vinegar and the yolks of two eggs. Add gradually one and one-half cupfuls of olive oil, drop by drop at first, though later several teaspoonfuls may be added at a time. As the mixture thickens add a little vinegar, but care should be taken that the dressing does not become sour, and no more than two teaspoonfuls should be used. Toward the last whip in gradually two teaspoonfuls of lemon juice. Whipped cream may be added just before serving if desired.

THOUSAND ISLAND DRESSING.

Take one cupful mayonnaise dressing, mix with one-half cupful whipped cream, add a small amount of tarragon vinegar, one-half teaspoonful of imperial sauce, then chop one hard-boiled egg, one green pepper, one pimento, one pinch chives, mix well together and squeeze the juice of one lemon before serving. This sauce can be served with any kind of salad.

FRENCH DRESSING.

One tablespoonful vinegar, one-quarter teaspoonful onion juice, three tablespoonfuls olive oil, one-eighth teaspoonful pepper, one-quarter teaspoonful salt. Add salt, pepper and onion juice to vinegar. Then add the olive oil, beating until thick and well blended. Use a cold bowl and cold ingredients. The ingredients may be put into a wide-mouthed bottle, corked and shaken until an emulsion is formed. The dressing may be mixed and set in the icebox until chilled; the oil and vinegar will separate on standing and require further beating. Following the correct proportions French dressing may be made in large amounts, kept in a bottle in the icebox and shaken before using.

CEREALS

ALL KINDS of cereals are most nutritious food. Many preparations are not cooked during the manufacturing processes, as, for example, most of the whole and cracked grains and the meals; some preparations are partially cooked during the process of manufacture, for example, many of the rolled cereal preparations; and many preparations are sufficiently cooked to serve directly from the package, as for example, the shredded wheat and flaked preparations. All cereal foods require a large amount of moisture to make them ready to eat. This is supplied in the form of water (and sometimes some milk) during cooking processes, and as milk or cream when they are served. Cereals should be eaten with very little sugar, and with cream. Those which require cooking should receive longer cooking than the directions on the package usually allow. A double boiler is an almost indispensable utensil for cooking cereals. If cooked cereals are put on to cook while the evening meal is being prepared they will be found to be much more delicious than if they are cooked in the morning, because the time in which breakfast is prepared should be shortened as much as possible. All cereals may be cooked according to the following table:

Name of Cereal.	Amt. for Six People.	Amt. of Water.	Amt. of Salt.	Time for Cooking.
Granulated cereals or meals	¾c	3c	1½ tsp.	In double boiler 2½ hrs.
Rolled cereals	1½c	3¼c	1½ tsp.	In double boiler 1½ hrs.
Steel-cut or whole	¾c	4c	1½ tsp.	In double boiler 3 to 6 hrs.

Cereals may be varied by serving with fruit; for example, oatmeal is very good served with baked apple or with banana, and several of the meals are good with dates or with raisins. In warm weather the cereal may be molded with or without fruit, chilled and served cold. Again, cereal molded in a square-cornered pan may be chilled, sliced, browned in a frying pan in butter or other fat and served with syrup; corn, rice and graham or whole wheat mushes are especially good served in this way.

GRAHAM MUSH.

Add to a quart of boiling salted water enough graham flour to make of the consistency of mush. Cook thoroughly, stirring constantly. Add a few raisins and serve with sugar and cream, either hot or molded in

cups and served cold. When molded and served cold, this makes a delicious cereal to serve in warm weather.

TOASTED RICE CAKES.

Boil one cupful of rice in salted water until tender, drain and press in a buttered dish and put it in the ice chest with a weight upon it. The next day cut the rice into slices one-half inch thick, oil a toaster and toast the slices a delicate brown. Serve with maple sirup.

YEAST BREAD AND QUICK BREADS

THE MAKING of bread, as far as making it in the home is concerned, is too fast becoming a lost art. And until baker's bread can be produced with the delicious flavor and the well-baked crumb of good home-made bread, the passing of the industry from the home into the bakery is to be deplored. And what is equally to be deplored is the fact that we are not going to know what good bread is if we cannot have a community bakery that can produce bread of the quality of good home-made bread—and the community bakery has come to stay. Good bread is not difficult to make. The utensils and ingredients which are used must be absolutely clean; an over amount of yeast must not be used; nor should the temperature at which the bread is allowed to rise be great enough to force the rising process. The simplest bread is a mixture of flour and liquid, salted to taste, made light with yeast and carried through the processes of manipulation and baking which long years of experience have found to produce a product most pleasing in every way as a food. A loaf of good bread has good color, symmetry of shape and is light and porous, and the cells of the crumb are small and uniform in size. The crumb should be pleasant in color, odor and taste and the loaf should be thoroughly baked.

BUTTERMILK BREAD.

Take two and a half cupfuls of fresh sweet buttermilk, one tablespoonful of sugar, two teaspoonfuls of salt, half a cake of compressed yeast and flour to make a stiff batter. Scald half a pint of sifted flour with the buttermilk, add the sugar and salt. Dissolve the yeast in tepid water and add to the batter. Beat thoroughly and let stand over night in a warm place. In the morning it should be very light and covered with air bubbles. Take six pints of flour, add a teaspoonful of salt, a half teaspoonful of soda, a tablespoonful of lard; add these to the sponge and knead fifteen minutes, then set to rise in a very warm place, well covered to exclude the air. When light, mold into loaves, set to rise, and when light again bake as carefully as if they were loaves of cake.

GRAHAM BREAD—I.

Take two cupfuls each of graham and white flour, sift the latter with one teaspoonful each of salt and soda. Add a cupful of molasses and enough sweet milk to make a batter. Add one cupful of raisins and chopped walnuts, well floured. Bake in a slow oven.

GRAHAM BREAD—II.

For one loaf take two cupfuls of white bread sponge, to which add two tablespoonfuls of brown sugar and graham flour to make a stiff batter; let it rise, after which add graham flour sufficient to knead, but not to make very stiff; then put in pan to rise and bake.

RAISIN AND NUT BREAD.

To a cupful of molasses add a cupful of sour milk, in which a teaspoonful of soda is dissolved, a half teaspoonful of salt, a cup of raisins,

a half cupful of walnut meats, chopped. Mix with three and a half cupfuls of graham flour. Bake one hour.

TWO-HOUR BREAD.

Two-hour bread is mixed, kneaded, raised and baked in two hours. But first there is yeast to make for it. To make yeast for the two-hour bread boil six potatoes until soft. Take out, mash them and add them to the water (there should be one quart of this) with four tablespoonfuls of sugar, two tablespoonfuls of salt, two tablespoonfuls of shortening, either lard or butter, and set all aside until lukewarm. Add, then, half a cake of yeast which has been dissolved in half a pint of lukewarm water; stir in half a cupful of flour and let the yeast stand thirty-six hours. Use one and a half cupfuls of this liquid for each loaf and just enough flour to keep the dough from sticking to the board. Stir in with a spoon, then knead on the breadboard for twenty minutes and shape into loaves. Let these rise again until they are the size you wish the loaves to be, put them into the pan and bake thirty or forty minutes.

YEAST BREAD.

Two cups lukewarm water and two cups sweet milk, two tablespoonfuls sugar, two tablespoonfuls butter, one teaspoonful salt, one compressed yeast cake dissolved in a little warm water, flour for a stiff batter. Let rise until it bubbles. Then add more flour and let it rise again. Then mold and put into tins. Let rise until even with the tin and bake forty minutes.

ENGLISH BUNS.

Rub half a cupful of butter with three tablespoonfuls of sugar and a pinch of salt. Add two well-beaten eggs and then add, alternately, two cupfuls of flour sifted with two teaspoonfuls of baking powder and milk to make a stiff dough. Add at the same time half a cupful of currants. Roll out about an inch thick, cut with a biscuit cutter and bake in a slow oven.

FRENCH ROLLS.

Mix two heaping tablespoonfuls of lard in two quarts flour, one yeast cake, one dessertspoonful of salt, one-third cupful of sugar, one pint cool scalded milk, or milk and water. Let it rise as you would bread. Don't make the dough too stiff. Make into rolls, let it rise, then bake in a moderate oven. Don't hurry the last rising.

GOLDEN ROLLS.

One-half cupful scalded milk, one yeast cake dissolved in a little cold milk, one-quarter cupful eggs (two eggs not beaten), one-eighth cupful yolk (two yolks), one-quarter cupful sugar, one-third cupful butter, little salt, one-quarter teaspoonful lemon extract, two and one-half cupfuls flour. Let rise six hours, roll out thin, spread with melted butter and fold over twice, making three layers. Cut in strips and roll round. Let rise and bake. Make sirup of powdered sugar and brush thick over top when taken from oven.

HOT CROSS BUNS.

Rub a quarter of a pound of butter into two pounds of flour and add a pinch of salt. Into a glass of fresh yeast stir a pint of warm milk and gradually stir this into the flour until it forms a light batter. Cover and allow it to rise, then work into it by means of a wooden spoon half a pound of sugar, half a grated nutmeg, half a pound of currants, one egg and a half teaspoonful of allspice. Knead well, cover again and allow to stand until perfectly spongy. Then knead into buns, cut a cross on top, let it rise until light, cover with a clarified sugar and bake twenty minutes.

ENGLISH CRUMPET.

To one quart of milk add one and one-half yeast cakes, salt and flour added to make a batter thinner than cake batter. Allow to rise a half hour. Bake in iron rings, and turn. Then break open and toast and spread with butter.

FIG POPOVERS.

Sift one cupful of flour with one-half teaspoonful of salt. Beat the yolk of one egg slightly, add one cupful of milk, pour the mixture slowly into the flour, beat until very smooth and finally fold in the stiffly beaten white. Butter hot gem pans, half fill them with the batter, drop a small steamed fig in each and bake in a hot oven. Serve immediately with maple sirup.

SALLY LUNN.

Sift a pint of flour, two teaspoonfuls of baking powder and half a teaspoonful of salt and add half a cupful each of milk and of melted butter and two beaten egg yolks. Mix thoroughly. Then add two egg whites beaten stiff. Drop the butter in muffin tins and bake. It is a stiff batter and when the egg whites are folded in they do not mix completely with the other ingredients, and so the tops of the muffins are somewhat irregular.

SOUR MILK BISCUIT.

Sift together a quart of flour, two teaspoonfuls of baking powder, one teaspoonful of salt and one of soda, or the soda may be dissolved in two tablespoonfuls of water and added to two cupfuls of sour milk. Sift the dry ingredients and add a tablespoonful of lard, then add the milk. Mix until soft and bake in a quick oven.

BRAN GEMS—I.

Take two cupfuls of bran, two cupfuls of graham flour, sifted, one-half cupful of sugar, a teaspoonful of salt, one teaspoonful of soda and two cupfuls of sour milk. Bake in gem pans.

BRAN GEMS—II.

One egg, one cupful flour, two cupfuls bran, one teaspoonful salt, three tablespoonfuls molasses, one tablespoonful shortening, one teaspoonful soda, buttermilk to make a stiff batter; raisins may be added if desired. Bake twenty-five minutes.

DATE GEMS.

Take one and a half cupfuls of graham flour, three tablespoonfuls of melted shortening, a cupful of sour milk, a teaspoonful of soda, two eggs, salt and a half cupful of chopped dates. Bake in hot gem irons.

GRAHAM GEMS.

Take a half cupful each of sour cream and sour milk, add a teaspoonful of soda, a half teaspoonful of sale, a beaten egg, a cupful of white flour and a half cupful of graham flour. Beat well and bake in gem pans. Serve with honey.

GRAHAM MUFFINS—I.

Mix and beat well two cupfuls of buttermilk, one teaspoonful of soda, half a teaspoonful of salt, two tablespoonfuls of molasses, three cupfuls of graham flour or a cup and a half each of wheat and graham. Bake in a moderate oven.

GRAHAM MUFFINS—II.

Beat half a cupful of butter to a cream, beat in three-fourths of a cup of sugar, two eggs well beaten, stir a fourth of a teaspoonful of soda in a half cupful of thick sour milk, add this to the first ingredients, then beat in a cupful of flour and a cupful of graham flour with two teaspoonfuls of baking powder. Bake twenty-five minutes in a well-buttered muffin pan.

CORN BREAD.

One pint of white corn meal, one quart of sour milk, four eggs, one teaspoonful of soda, one-half teaspoonful of salt. Mix well and bake in muffin pans. Beat the eggs with the salt, add the sour milk with which the soda has been combined, then the corn meal, and bake in oiled muffin tins.

BREAKFAST CORN CAKE.

Cream two-thirds of a cupful of butter. Beat into it one cupful of sugar, the yolks of three eggs, two cupfuls of milk and two cupfuls each of corn meal and white flour, sifted with one teaspoonful of soda and three of cream of tarter. Lastly add the beaten whites of the eggs, and bake.

CORN MUFFINS.

Rub a tablespoonful of butter in a cupful of corn meal and a cupful of white wheat flour. Then add a teaspoonful of sugar, half a teaspoonful of salt and a teaspoonful of baking powder. Break an egg into three-quarters of a cupful of milk, and then fill the cup with milk if necessary to make it full. Pour this into the flour and mix it thoroughly. Bake quickly in a hot oven.

BATTER BREAD.

Two cups white Indian meal, one cup cold boiled rice, three eggs well beaten, one tablespoonful melted butter, two and one-half cupfuls milk or enough for a soft batter, one teaspoonful salt, a pinch of soda. Stir the beaten eggs into the milk, then the meal, salt, butter, last of all the rice. Beat up well from the bottom for two or three minutes; bake quickly in a round, shallow pan, and serve as a vegetable or with maple sirup.

CURRANT MUFFINS.

Cream one-half cup of butter, and gradually add two-thirds cup of sugar, three well-beaten eggs and one and one-half cups of milk. To this mixture add two cups corn meal, one cup flour and one teaspoonful salt sifted together. As the last of the flour is mixed, stir into the batter one-half cupful currants. This will make eighteen muffins.

KANSAS CORN CAKE.

Two cupfuls of cornmeal, one cupful of flour, one teaspoonful of salt, two teaspoonfuls baking powder, two tablespoonfuls of lard, one-half cupful of brown sugar, one egg. Use milk enough to make a soft batter. Sift together meal, flour, salt and baking powder. Add lard and sugar, then beaten egg and milk, and beat thoroughly. Turn into greased pan and bake in moderate oven.

SOUR MILK JOHNNY CAKE.

Two tablespoonfuls of butter and one cupful of flour mixed with one cupful of corn meal; add half a cupful of sugar, half a teaspoonful of baking powder and half a teaspoonful of salt, one cupful of sour milk, and two well-beaten eggs. Turn the mixture into a well-buttered pan and bake in a hot oven. Sour cream may be substituted for sour milk.

CREAM SCONES.

Take two cupfuls of flour, mix and sift well with four teaspoonfuls of baking powder, two teaspoonfuls of sugar, a half teaspoonful of salt, four tablespoonfuls of butter and add a third of a cupful of cream and two well-beaten eggs; roll, cut in diamonds, sprinkle with egg and sugar and bake in a hot oven.

OATMEAL MUFFINS.

Mix a cupful of fine oatmeal with three cupfuls of white wheat flour, two teaspoonfuls of baking powder and a liberal teaspoonful of salt. Rub in one and a half tablespoonfuls of butter and lard mixed. Beat

two eggs and add them to a pint of milk and pour this gradually into the dry ingredients. Mix thoroughly and bake quickly in a hot oven in muffin tins.

RYE POPOVERS.

Mix and sift together a third of a cupful of rye meal and two-thirds of a cupful of flour, one-fourth of a teaspoonful of salt, and gradually, beating constantly, one and a third cupfuls of milk and two well-beaten eggs. Fill hot buttered pans and bake forty minutes.

RYE PUFFS.

Mix two-thirds of a cupful of rye meal and a third of a cupful of white wheat flour. Add a quarter of a teaspoonful of sale, and sift. Then add two well-beaten eggs mixed with a cupful of milk, and beat for three minutes. Add two teaspoonfuls of melted butter, and mix. Bake in hot muffin tins.

BREAD PANCAKES.

Cut the crusts from stale bread and break in bits, cover with sour milk and set aside over night. In the morning add one level teaspoonful of soda to each pint of the bread and milk mixture; beat until it is smooth and foamy. You may need to add some sweet milk to make the batter thin enough. Season with salt and fry on griddle. If eggs are added to the above the cakes are much like omelets and may be served with jelly between them.

ENGLISH PANCAKES.

One teacupful of flour, one tablespoonful of baking powder and a quarter of a teaspoonful of salt sifted together. Beat together two eggs and one tablespoonful of sugar and add one pint of milk and one teacupful of cream. Add this to the flour mixture to make a thin batter. Fry in a hot frying pan with melted butter, using sufficient batter to cover the pan.

FRENCH PANCAKES.

Take four tablespoonfuls of sugar; add four tablespoonfuls of melted butter, a cupful of milk to a half cupful of flour, two eggs and a teaspoonful of lemon extract. Bake in six cakes, butter and put jam upon every other one. Cover with powdered sugar and serve piled high on a dish. Serve cut in wedge-shaped pieces like pie.

GERMAN PANCAKES.

Whisk the yolks of five eggs with one pint of cream or rich milk and beat the whites very stiff. Add to the yolks and cream four ounces of flour and one tablespoonful of sugar, one ounce of raisins and one ounce chopped almonds. Then add the beaten whites, stir and fry on a griddle with two ounces of butter. When brown and light sift the cakes with sugar and serve with preserves or hot vanilla or wine sauce.

GREEN CORN GRIDDLE CAKES.

Grate six ears of corn, add two cups of milk, two eggs, one tablespoonful of butter (melted), two cupfuls of flour, one-half teaspoonful of baking powder and one-half teaspoonful of salt. Mix all together and bake like pancakes.

GRIDDLE CAKES.

Beat together two cupfuls of buttermilk, half a teaspoonful of salt, one teaspoonful of soda and flour, half of which may be buckwheat, to make a thin batter. Bake on a hot griddle. Serve with maple sirup.

JELLY PANCAKES.

Jelly pancakes may be made in a few minutes and require two cupfuls of flour, two cupfuls of sweet milk, one egg, one teaspoonful of baking powder and a generous pinch of salt. Beat the egg very light, add the milk, and lastly, with just enough beating to mix all together,

the flour sifted twice with the salt and baking powder. Pour enough of the batter into a hot buttered pan to cover the bottom. When browned, spread with butter and jelly, roll up and sprinkle with powdered sugar.

RICE GRIDDLE CAKES.

Reheat rice with boiling water and press through a ricer. To this liquid rice add half a teaspoonful of salt to a cupful and a half of rice, the beaten yolks of two eggs, one cupful of flour, two teaspoonfuls of baking powder, and when well mixed fold in stiffly beaten whites of the eggs. Bake on a hot griddle.

WAFFLES.

Beat one-half pound of butter with one-quarter pound of sugar until creamy, then add the yolks of three eggs, one-half pound of flour, one pint of warm milk and the whites of the eggs beaten stiff with a little salt. Bake in hot waffle irons, dust each waffle with powdered sugar and serve with jam.

CORN WAFFLES.

Sift a pint of flour with two tablespoonfuls of baking powder, add a teaspoonful of salt and a cupful of milk and two well-beaten eggs. Beat the batter until light and stir in a can of corn; bake in waffle irons. Serve hot with sirup.

BAKED CREAM TOAST.

Toast slices of stale bread, dip quickly in hot water and lay on platter. Spread with butter, pour over some rich milk and place in hot oven. Serve with crisp slices of bacon and garnish with parsley.

CREAM TOAST.

Make thin slices of golden brown toast, crisp and dry. Place the slices in a wire sieve and steam until soft over hot water. Then butter and put in a soup plate—about three slices, cut in half. Over them pour white sauce. Make this by heating a cupful of milk in a double boiler and then adding two tablespoonfuls of flour rubbed into two tablespoonfuls of butter. Cook gently over a low heat until the flour has lost its starchy taste. Season with salt and pepper and serve quickly and very hot.

FRENCH TOAST.

Cut sliced bread about one inch thick and remove the crust. Mix one cupful of milk, thickened with one or two beaten eggs, season with salt and soak the toast, a piece at a time, and fry in hot fat.

SANDWICHES AND SANDWICH FILLINGS

THE SANDWICHES which would form the substantial part of a lunch are placed before those which might be served at tea. The latter are sweet sandwiches.

CAVIARE SANDWICH ROLLS.

Add ten drops of onion juice and a few drops of lemon juice to every two tablespoonfuls of caviare, mixing together thoroughly. Remove the crust from a fresh, moist loaf of bread not more than twelve hours old, cut in thin slices, spreading each very delicately with butter and the caviare mixture, roll and tie with one-fourth-inch ribbon or pin with Chinese toothpicks.

OYSTER CLUB SANDWICH.

Place two or three large fried oysters on the under slice of buttered toast, sprinkle with lemon juice and then top with two strips of bacon,

two lettuce leaves, a spoonful of mayonnaise and then the second slice of toast. For those who do not care for fried oysters the oyster club sandwich comes in still a different form: the oysters may be poached in their own liquor until the gills curl, when they are drained of moisture and used for the foundation of the sandwich. If preferred, oyster club sandwiches may be served with Russian dressing instead of mayonnaise, as the addition of the tomato flavor in the chili sauce is particularly agreeable with oysters, either fried or poached.

SAVORY BUTTER SANDWICH.

Cream a cupful of butter, add a teaspoonful of made mustard, the hard-cooked yolks of two eggs, a teaspoonful of anchovy paste, all well mixed together and spread on bread.

TUNA SANDWICHES.

One cup of tuna finely chopped, two teaspoonfuls of creamed butter, one teaspoonful each of lemon juice, tarragon, chervil and gherkins. Put into a bowl and blend lightly, adding salt, paprika and nutmeg. Spread the mixture on very thin white bread.

CHICKEN SANDWICHES.

Chop separately cooked chicken and ham or tongue. For each three-fourths of a cup of chicken take a fourth of a cup of the other meat. For each cup of meat chop fine one canned pimento, or its equivalent in bulk of olives stuffed with pimentos. Mix with mayonnaise to spread well and put on well-buttered bread.

MUTTON SANDWICHES.

Take half a pound of cold mutton, some French dressing, four large tomatoes. Chop the mutton fine, mix it with French dressing, add a bit of finely chopped mint. Chop the mutton fine, mix it with the dressing and place on ice. Peel and slice the tomatoes and place them on rounds of bread a little larger than the tomatoes, fill the places in the slices where the seeds were removed with the meat.

DEVILED HAM ROLLS.

Make light, rather rich pastry, roll thin and cut into squares of about four inches. Spread upon each square a small quantity of deviled ham, leaving about half inch around the edge uncovered. Moisten the edges with cold water and roll each sheet of ham and pastry compactly, pressing the ends together, and bake.

HOME-MADE DEVILED HAM.

Chop very fine one pint of boiled ham, more fat than lean, six hard-cooked eggs, one teaspoonful of made mustard, season and press in a mold. This will keep and makes a good filling for sandwiches.

POTTED HAM.

Use hard portions and pieces that do not make presentable slices. Allow one-third fat to two-thirds lean. Mince fine enough to make a smooth paste. Season with salt and cayenne pepper. Heat thoroughly and pack firmly in small pots.

SANDWICH FILLING.

Chop one-half pound of ham very fine together with two chopped pickles, salt and pepper to taste. Beat six ounces of butter to a cream, add the chopped ham and mix well. Cut thin slices of bread, spread with the mixture, press together, cut into diamonds and garnish with parsley.

WINDSOR SANDWICHES.

Cream a third of a cupful of chopped ham and two-thirds of a cupful of cooked chicken. Season well with salt paprika and spread on buttered white bread.

CHEESE SANDWICHES.

Cut bread in small triangles and fit with slices of cheese the same size, place another piece of bread on top and saute in butter in a hot frying pan, browning both sides. Serve with lettuce. A dash of seasoning may be added to the cheese.

OLIVE CREAM SANDWICHES.

Mince one tablespoonful of olives stuffed with red pepper, add to a cake of cream cheese. When well mixed spread on buttered bread.

OLIVE SANDWICHES.

Chop fine and pound to a pulp a dozen olives and a half cupful of crisp celery, add an eighth of a teaspoonful of made mustard, one teaspoonful of catsup, two tablespoonfuls of cracker crumbs and a cupful of mayonnaise.

BAKED BEAN SANDWICHES.

Mash cold baked beans to a paste, season with mustard and finely chopped celery, spread between buttered brown bread.

NUT SANDWICHES.

Blanch and brown a half cupful of almonds, season well with salt and red pepper; add two tablespoonfuls of chopped pickles, one tablespoonful of Worcestershire sauce, add one tablespoonful of chutney. Spread sandwiches with creamed cheese and sprinkle with the almond mixture finely chopped.

PEANUT BUTTER.

Put fresh, shelled roasted nuts through a grinder and mix with butter and salt to suit the taste. If the butter is fresh and the peanut mixture is put in jars it will keep some time and be good.

EGG AND OLIVE SANDWICHES.

To six hard-cooked eggs add twelve olives and a half cupful of boiled dressing, salt and pepper to taste. Chop the eggs and olives very fine, add paprika, salt and thoroughly mix with boiled dressing. Spread on thinly sliced white bread.

COCOANUT SANDWICHES.

Add to a cupful of cocoanut a teaspoonful of lemon juice, a cupful of walnuts, a fourth of a cupful of cream, whipped, and powdered sugar to taste. Use on brown or white bread.

FUDGE SANDWICHES.

Two cupfuls of brown sugar, three-fourths of a cupful milk, butter size of a walnut, third cake of melted chocolate. Boil seven minutes and beat until thick and creamy. Spread thickly between butter thins or any plain crackers.

SURPRISE SANDWICHES.

Spread honey, jelly or jam on milk crackers, sprinkle thickly with chopped nuts, figs or dates, and serve.

SWEET PEANUT SANDWICHES.

Take half a cupful of grated maple sugar or brown sugar, one-fourth of a cupful of chopped peanuts and a tablespoonful of rich milk. Mix well and spread on buttered graham bread or crackers.

FRUITS

APPLES IN BLOOM.

Cook red apples in boiling water until soft. Have the water half surround the apples and turn often. Remove skins carefully that the red color may remain, and arrange on serving dish. To the water add one cup of sugar, grated rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples.

NOVEL BAKED APPLES.

Peel some sound cooking apples of medium size, take out the core and roughen the outside of the fruit with a fork. Now roll the apples in coarse brown sugar, stand them in a large buttered pie dish, fill the hole in each apple with any red preserve and bake slowly until tender. Baste the fruit while cooking with the juice that runs from it. When done allow the fruit to get cold before setting in a dish to serve. Very rich if served with cream.

DELICIOUS WAY TO BAKE APPLES.

Peel and core apples and put in baking dish, filling each apple with sugar. Cover with hot water and stew gently, laying a few pieces of stick cinnamon and lemon peel on the top. When about half done sprinkle with a heaping tablespoonful of gelatin and place in oven until done. Serve cold with cream.

BAKED APPLES WITH CRANBERRY SAUCE.

Core the apples or halve them and hollow out the halves, fill the centers with cranberry sauce or cranberries cooked whole in a rich sirup. Have ready a thick sirup and baste the apples frequently with this. Bake until tender. The sirup should jelly when the fruit is done. Serve with whipped cream.

JELLIED APPLES.

Pare and core large firm apples, fill the centers with red currant jelly, sprinkle with sugar and lemon juice. Put a little water in the pan around the apples and let them bake in the oven until candied but not broken. Preserved ginger may be used in place of jelly if so desired.

APPLE MARSHMALLOW.

Cut one cupful of apple in dice, add a half cupful of marshmallows cut in quarters, a third of a cupful of chopped blanched almonds, half cupful of whipped cream, two tablespoonfuls of powdered sugar and a fourth of a teaspoonful vanilla. Combine and chill.

STEAMED APPLES.

Wash (core, leaving in the blossom end) and pare good flavored apples. Place in a steamer and fill the cavities with sugar, cinnamon, butter, bits of jelly, ginger, lemon rind and juice. Serve with a thin custard or with sugar and cream.

APPLE SNOW—I.

Take apple sauce that has been sweetened and put through sieve; add the beaten whites of eggs and pulverized sugar, beating until stiff. Heap in a dish and serve with a thin custard poured around the snow.

APPLE SNOW—II.

Pare and core a dozen tart cooking apples and place over the fire with just enough water to cover, and cook until tender enough to put through a sieve. Drain off every drop of water and mash the apples through a sieve and set aside to cool. Have the whites of two eggs beaten to a stiff white froth. Sweeten the apples to taste and season with grated nutmeg; then beat them into the egg, a spoonful at a time. Place in the refrigerator until needed.

APPLE WHIP.

To a cupful of sweetened apple sauce add the whites of three eggs, three tablespoonfuls of sugar, one-fourth of a teaspoonful of baking powder, the juice and rind of a lemon. Beat the eggs until stiff. Add the sugar and baking powder, well mixed, then the lemon and apple sauce, thick enough to drop from spoon. Combine mixtures, turn into a buttered baking dish and bake in a moderate oven until firm to the touch.

BAKED BANANAS.

Bananas, lemon juice, fine sifted crumbs. Remove peel, dip in lemon juice, roll in fine sifted crumbs. Place in baking pan and bake fifteen minutes in hot oven. Serve with cream, sweetened and flavored with cinnamon.

BANANA COMPOTE.

Cook together for ten minutes two-thirds of a cup of water and a cup of sugar; pour when cool over bananas which have been peeled and quartered. Add the juice of half a lemon and the grated rind, sprinkle with chopped almonds and serve with whipped cream.

SPICED BANANAS.

Take two teaspoonfuls of allspice and cinnamon, one-half cupful of water, one cupful of sugar and boil until thick; then add a half cupful of orange juice, a fourth of a cupful of lemon juice and add six bananas; cook until thoroughly heated. Serve with the sauce poured over them.

CRANBERRY WHIP.

Stew a quart of cranberries until soft, press through a sieve; return the pulp to a saucepan and add an equal measure of sugar; cook until thick. Beat four egg whites until stiff, then drop the hot pulp by spoonfuls into the egg, beating constantly; add a teaspoonful of vanilla, turn into a buttered mold and bake until firm. Unmold and serve with steamed raisins.

PEACH FOAM.

One cupful and a half of canned peach, without the juice, cut very fine or strained; three tablespoonfuls of powdered sugar, whites of three eggs. Add the well-beaten whites to the fruit and sugar and beat until thick, smooth and velvety, then put in a mold previously wet with cold water. Any other fruit would vary the recipe and be good, and jelly may be used if you do not have peaches. Serve with whipped cream.

PEACH WHIP.

Beat the whites of three eggs until stiff, add three tablespoonfuls of powdered sugar and beat to a glossy meringue. Add gradually the pulp of six ripe peaches which have been pressed through a sieve, beating all the time; sprinkle with lemon juice and serve in tall glasses with cream.

CARDINAL PEARS.

Cook canned pears in sugar and water with a half cupful, more or less, of currant jelly. When cold set on oblong or round pieces of sponge cake; cover with the thickened sirup and a spoonful of whipped cream. Sprinkle with almonds, chopped, or shredded in strips.

PINEAPPLE SNOW.

Drain the sirup from a can of pineapple and when boiling stir in two tablespoonfuls of corn starch mixed with a little cold juice. Mash the fruit to a pulp and stir into the thickened juice. Beat the whites of two eggs until stiff and fold in lightly. Pour into a mold, set on ice and serve with well-sweetened whipped cream.

CANNING, PRESERVING, JELLY MAKING AND PICKLING

CANNED BLUEBERRIES.

The berries should first be thoroughly picked over and washed, then placed in a kettle with one-half cupful of sugar and one-half cupful of water to each quart of the berries. Cook until each berry is done, then turn into hot jars and seal at once.

TO CAN STRING BEANS.

Mix together a quart of salt, a pint of sugar and five quarts of beans, cut ready for serving, pack in a jar, cover with a plate and place a weight on it. The liquor will rise and cover the beans. Before cooking soak the beans five hours in cold water, changing the water five times. Beans so canned will be fresh and most delicious all winter.

CANNING YOUNG BEETS.

Cut off the leaves, leaving a good stem; wash without breaking the skin; cook until tender; take off the skin and fill jars with the beets; add two tablespoonfuls of sugar to each quart; a teaspoonful of salt, and fill with lukewarm water, set in a kettle half filled with water and cook for an hour, adjust rubbers and seal cans.

CANNED TOMATOES.

This method is also good to preserve tomatoes for salads in the winter time. Put a cupful of salt in a gallon of water and drop the whole, firm, peeled, tomatoes in the boiling water and scald through, take out while firm and pack in jars. They will make their own juice to cover, but must be carefully sealed in sterilized jars.

DRIED CHERRIES.

Select the most perfect fruit and cut the stems off close. Don't pull the stems, as this bruises the fruit and allows the juice to escape. Now spread and allow to dry slowly in a cool oven. When thoroughly dry pack away in boxes and have on hand for next winter. They may be used when soaked in almost any of the ways in which the fresh fruit is used, or they may be stewed with sugar, water and a little lemon juice.

SPICED CHERRIES.

To each pound of fruit allow the same quantity of sugar, one-half cupful of water, one-fourth cupful of vinegar, one teaspoonful of cloves, a few pieces of cinnamon bark. Make a sirup of the sugar, water, vinegar and spice. Add the cherries and cook until of the consistency of marmalade.

CRANBERRY CONSERVE.

Cook a quart of cranberries in barely enough water to float them, when cooked add an equal measure of sugar, the pulp of three oranges, one cupful of raisins and the grated peel of one orange. Simmer until thick, then pour into a mold or put in glasses.

CRANBERRY JELLY.

One pound or quart of berries, three-fourths of a pint of water. Cook well and strain. Then cook the juice fifteen minutes. Add as much sugar as there was strained juice and boil again for fifteen minutes. Dip the forms or jelly cups in cold water to prevent sticking and pour in the jelly.

CRANBERRY SAUCE.

One quart of berries, three-quarters of a pint of water and three-

quarters of a pound of white sugar; boil ten minutes and shake gently; do not stir, and the berries will retain their shape.

BAKED CRANBERRIES.

Choose a wide, flat earthen dish large enough to allow a pint of berries to lie on the bottom. Pour over them a sirup made with two cupfuls of sugar and a cupful of water. Place in a slow oven and bake until done. Take from the fire, but do not stir until cold, when each berry will be coated with jelly, and when piled in a glass dish look like candied cherries.

CRANBERRY RAISIN JAM.

Stew a half pound of stoned raisins ten minutes in a pint of water, add a quart of berries and a pound of sugar and cook slowly until the berries have a clear transparency. Shake often while cooking, but do not stir the product.

GRAPE CONSERVE.

Three pints of grapes after skins have been removed from pulp. Cook until seeds come away from pulp and strain. To the skins and pulp add three pounds of sugar and one pound of raisins cut fine, one pound of English walnuts broken in small pieces, one orange sliced thin, add the nuts the last half hour of cooking. Cook until thick, about one and one-half hours. Put in jelly glasses.

GRAPE MARMALADE.

Prepare the grapes as for spiced grapes and mix the pulp with an equal measure of sugar, simmer until thick and smooth. Put up in jars and seal.

SPICED LIMES.

Boil four quarts of limes in water until tender, drain off the water, cut the limes in halves, put them in a jar and pour over them a sirup made of one cupful of vinegar, one and one-half cupfuls of molasses, one cupful of water, two teaspoonfuls of cloves. Boil a few minutes, then pour over the limes. They should be stored a little while before eating.

SOUTH AMERICAN ORANGE MARMALADE.

Take equal quantities of sour oranges and sugar. Grate or slice the yellow rind from one-fourth of the oranges, cut the fruit in halves and scoop out the pulp, rejecting the seeds. Drain off as much juice as possible, put it with the sugar in a saucepan, stir and cook fifteen minutes, skim and add the pulp and rind and boil for twenty minutes or until the mixture jellies.

PEACH MARMALADE.

Boil twelve pounds of peaches until reduced to a pulp, with a small amount of water, then put them through a sieve and add a half pound of sugar for each pound of fruit. Boil together, stirring constantly, until reduced to a thick marmalade. Put away in bottles or jars for winter use.

SPICED PEACHES.

Take three pounds of sugar, a pint and a half of good vinegar, one ounce of cloves, two sticks of cinnamon, boil all together, then add seven pounds of peeled peaches. Let them heat through slowly, then when tender and rich in color dip them from the sirup and put into jars. Boil the sirup down till quite thick and pour over them. Seal and serve with meats in winter. These are the same as the old-time pickled peaches which were never peeled.

CANNED PEARS AND PEACHES.

Weigh the fruit before paring, and to four pounds use one pound of sugar. Remove skins at night and sprinkle the sugar over them. In the

morning there will be plenty of juice without adding any water. Cook until tender and can.

SPICED PEARS.

Eight pounds of pears, four pounds best brown sugar, one quart vinegar, one cupful of mixed whole spice, sticks of cinnamon, cassia buds, allspice and cloves, less of latter than former. Tie spices in a bag and boil with vinegar and sugar. Skim well, then add pears, cook ten minutes or till scalded and tender. Skim out the pears and put in a stone jar. Boil the sirup five minutes longer and pour over the pears. Next day pour off the sirup and boil down again. Repeat this three mornings. Keep the bag of spices in the sirup.

CARROT MARMALADE.

Boil the carrots until perfectly tender, then mash to a fine, smooth pulp, and to each pound allow one pound of sugar, six almonds, the grated rind of one lemon and the juice of two and a few drops of almond flavoring. Bring to the boiling point gradually, and let boil, stirring constantly for five minutes; then pour into jars and seal.

CARROT PRESERVES.

Boil the carrots until tender; peel and slice them, and to each pound add one pound of granulated sugar and one-half cupful of water; flavor with lemon. Simmer slowly until rich and thick, then seal.

BLACKERRY JELLY.

In making blackberry jelly it is good plan to have one-third of the juice from barberries or rhubarb and the two other thirds from blackberries. The sugar should be in the same proportion as for strawberry jelly.

BEET AND RHUBARB JELLY.

Measure equal quantities of new beets and rhubarb, cook until tender in as little water as possible, as the rhubarb is very juicy; when tender, mash and strain through a sieve, then drain in a jelly bag. Measure the juice and allow equal measures of jelly. Cook the juice ten minutes before adding the sugar heated; when it jellies on a cold plate pour into molds and chill. This old-fashioned preserve is especially good with meats.

AMBER MARMALADE.

This is one of the cheapest and finest marmalades. Take one grapefruit, one orange and one lemon, slice pulp, skin, and all very fine, rejecting the seeds and the cores; or pass the fruits through a food chopper. Cover with five pints of water and let stand over night. In the morning put on to cook until the pulp and skins are tender, then add five pints of sugar and cook until the mixture jellies. Seal in glasses.

APPLE AND PINEAPPLE PRESERVES.

Three pounds of pared and cored apples, one pound of sliced pineapple; put all through a meat chopper, using the medium fine knife. Make a sirup of three pounds of sugar and one pint of water, put in the apple and pineapple and cook until clear; seal while hot.

BANANA MARMALADE.

Slice a dozen bananas. To every pound of the fruit allow three-quarters of a pound of preserving sugar. Take the juice and pulp of five lemons and add them to the bananas and sugar. Add a little water. Then chop up half an ounce of preserved ginger and add. Simmer very slowly for fifty minutes. Seal in glasses.

BARBERRY AND RAISIN PRESERVE.

Use the best seeded raisins. Cover the barberries with water and boil. Strain through a sieve fine enough to remove the seeds. Add a

generous quantity of sugar and the raisins and cook until it has a little more than reached the boiling point. Do not cook too long or it will become candied. Seal in glasses or stone jars.

CHILI SAUCE—I.

To thirty large ripe tomatoes, ten onions and eight red peppers, chopped fine, add ten cupfuls of vinegar, ten tablespoonfuls of sugar, eight tablespoonfuls of salt, and boil all together for three hours.

CHILI SAUCE—II.

Take twenty-four large, ripe tomatoes, three red peppers, seven white onions, five cupfuls of vinegar, two tablespoonfuls of salt and one cupful of white sugar. Boil the vinegar, sugar and salt, then add the other ingredients, which have been put through a meat grinder. Cook one hour.

PICCALILLI.

Take two gallons of green tomatoes chopped fine, eight large onions, three quarts of cider vinegar, six tablespoonfuls of mustard seed, one tablespoonful each of cloves, allspice, mace, two tablespoonfuls of pepper corns, four pepper pods, one tablespoonful of celery seed and one quart of granulated sugar. Let the chopped vegetables stand over night sprinkled with salt; drain and cook the spices tied in a bag in the vinegar, adding the tomatoes and onions; cook until tender.

JAPANESE CHOW-CHOW.

Take a dozen medium-sized green tomatoes and the same number of pickled limes, put both through a meat chopper, using the medium cutter and removing the seeds from the limes. Add six cupfuls of sugar and cook slowly for three hours. Put into glasses and cover as one does jelly.

MUSTARD CHOW-CHOW.

One peck green tomatoes, three large onions, four green peppers. Chop fine, put in brine over night. In morning drain and pack in jar. Dressing—Two quarts vinegar, one-half pound mustard, one cupful flour, one-half ounce turmeric. Cook in double boiler till thick.

GRAPE CATSUP.

To each five pints of grapes allow one pound of sugar, one-half pint of vinegar and one-half ounce each cinnamon, cloves and maize. Boil sugar and vinegar fifteen minutes together; meantime heat the pulp and skins. Let cool and rub through a colander. Add this to the vinegar and sugar, cooking twenty minutes. Bottle and seal.

PLUM CATSUP.

Take half a peck of blue plums, one pint of vinegar, half the weight of the plums in sugar or less, if liked less sweet. Add a tablespoonful each of cloves, cinnamon and allspice, tied in a muslin cloth. Boil all together, strain through a colander and boil again until of the right consistency.

TOMATO CATSUP—I.

Take three dozen ripe tomatoes, three red peppers (the hot ones), six onions, all chopped fine. Add two teaspoonfuls each of cinnamon and mustard and one of cloves, all ground. To three cupfuls of vinegar add one cupful of brown sugar and three tablespoonfuls of salt. Cook all together; put through a sieve, reheat and bottle for winter.

TOMATO CATSUP—II.

This will keep two or three years, and is fine: Take one-half bushel of tomatoes, wash and boil with skins on until very soft, then put through a fine sieve. Put back the juice in the kettle and add one quart vinegar, one-half pint salt, three-quarters ounce ground cloves, one-half

ounce allspice, one-half ounce red pepper, one-eighth ounce mace and two cloves of garlic chopped very fine. Boil about three hours, or until reduced half. Bottle when cool.

TOMATO CATSUP—III.

One onion chopped fine, one quart of ripe tomatoes, one small red pepper or one-half teaspoonful of cayenne, one teaspoonful of salt, two teaspoonfuls of sugar, one teaspoonful of mixed spices and one cupful of cider vinegar. Boil tomatoes and vinegar together for two hours. (The tomatoes should be skinned and sliced if fresh ones are used.) Add the other ingredients and cook another hour. Strain the mixture through a fine sieve.

UNCOOKED CATSUP.

Cut four quarts of tomatoes fine, add one cupful of chopped onions, one cupful of nasturtium seeds that have been cut fine, one cupful of freshly grated horse-radish, three large stalks of celery chopped, one cupful of whole mustard seed, one-half cupful of salt, one rounding tablespoonful each of black pepper, cloves and cinnamon, a level tablespoonful of mace, one-half cupful of sugar and four quarts of vinegar. Mix all well together and put into jars or bottle. It needs no cooking but must stand several weeks to ripen.

MIXED PICKLES.

Chop two quarts of green and one quart of ripe tomatoes, three small bunches of celery, three good-sized onions, three sweet red peppers, three green peppers, one small head of cabbage, one large ripe cucumber, sprinkle with a big half cupful of salt and let stand over night. Drain well in the morning and stir into the following mixture. Three pints of vinegar, two pounds of dark brown sugar, one teaspoonful of black pepper and the same of mustard. Cook until clear—about an hour. Seal for winter use.

GREEN CUCUMBER MUSTARD PICKLE.

To make green cucumber mustard pickle, put one quart of cucumbers cut in cubes in a bowl, sprinkle two tablespoonfuls of salt on them and let them stand over night; next morning drain the cucumbers in a colander, cut medium-sized white onions in very thin slices and put them with the cucumbers in a saucepan, cover with vinegar, place the saucepan over the fire. In the meantime mix in a bowl one cupful of sugar and two tablespoonfuls of turmeric, a little cayenne pepper and one tablespoonful of English mustard; mix, add it to the cucumbers, boil five minutes, remove and fill in small jars.

PICKLED NASTURTIUM SEEDS.

Lay the green seeds in salt water thirty-six hours, then freshen for an entire day in cold water, pack in fancy small bottles, season with a few bits of mace and pepper corns and a little white sugar. Cover with scalding white vinegar and keep corked for a month, when they will be ready for use.

GREEN TOMATO PICKLES.

Slice a peck of green tomatoes and put them into a jar in layers with sliced onions, using a half dozen good-sized ones with the amount of tomatoes. Sprinkle each layer with salt and let stand over night. A cupful of salt will be sufficient. Drain and add a quart of vinegar, a cupful of brown sugar and a tablespoonful of cloves, with two sticks of cinnamon tied in a muslin bag and cooked in the vinegar. When the vegetables are tender put into the jar, and when cold add a half cupful of grated horse-radish and a tablespoonful of mustard seed. The pieces of horse-radish will do if the root is too small to grate. Cover with a plate and a weight and keep in a cool cellar. These pickles are best for

serving with meats if not too sweet, so one may use her own taste in adding the sugar.

WHITE PICKLE.

Chop twelve large, ripe tomatoes. Put twelve large cucumbers and twelve large onions through the meat grinder. Salt the cucumbers and onions and let them stand one hour. Strain off the juice and the meaty part of the tomatoes and cover with vinegar. Season with two tablespoonfuls of sugar, two teaspoonfuls of celery seed, one teaspoonful of red pepper. Mix all the ingredients in the preserving kettle, bring to a boil and can and seal while hot.

BEVERAGES

LACTENE, OR ARTIFICIAL BUTTERMILK.

This is decidedly a health beverage, as the lactic acid ferment it contains acts as a prophylactic against bacteria. The tablets may be purchased at any drug store and contain full directions for making. This is more nutritious than buttermilk, as it is made of whole milk.

MULLED BUTTERMILK.

One quart of buttermilk, one rounded tablespoonful of flour, two rounded tablespoonfuls of granulated sugar. Pour the buttermilk into an enameled saucepan and put on the range to boil; upon boiling add the following mixture: Break an egg into a bowl and beat until light and foamy, add the sugar, then the flour, stirring until smooth, and pour into the boiling buttermilk, stirring rapidly to prevent scorching. Boil up once, remove from the fire and serve hot or iced as preferred.

CANNED BOILED CIDER.

Place five quarts of sweet cider in a kettle, boil slowly until reduced to one quart, carefully watching it that it does not burn. Can the same as fruit. One gill of this added to a fruit cake makes it more moist and is far superior to cake made without it. You can have sweet cider to drink from one season to another by placing cider in a kettle, letting it come to a boil. Have jars sterilized, and can.

CURRANT NECTAR.

Take a quart of well-picked currants and bring to a boil. Press through a cheesecloth bag and return to fire, adding a pound of sugar. Fill goblet a fourth full and add cracked ice until full.

FRUIT PUNCH.

Four cupfuls of sugar, eight cupfuls of water, two quarts of charged water, one shredded pineapple, one cupful of juice of various fruits, one box of strawberries, hulls removed and berries cut in quarters. Four sliced bananas, juice of six oranges and three lemons. This will serve twenty-five persons.

GINGER ALE PUNCH.

A bunch of bruised mint, the juice of five lemons and of two oranges and three pints of ginger ale. Dust the mint leaves with powdered ginger and add just before serving to the ale and slightly sweetened fruit juice. Serve cold.

GRAPE JUICE.

Wash, drain and stem the grapes. Put them in a deep kettle, mash well with a wooden potato masher and heat slowly, adding a very little water. Cook until the grapes look much lighter in color, then drain in a jelly bag made of three thicknesses of cheesecloth. Wring the cloths out of hot water, put into it the hot pulp, two quarts at a time, and hang up to drain. When no more of the juice drops, squeeze the pulp as dry as possible, keeping the cloudy portion separate. To a quart of the juice

add a cupful of sugar or less; cook for twenty minutes, then bottle and seal the corks with wax.

HONG KONG COOLER.

Pour one quart of boiling water over three tablespoonfuls of Ceylon tea; let it steep five minutes and then cool While it is cooling add four tablespoonfuls of sugar and three slices of lemon, two cloves and a tablespoonful of Maraschino cherries. When ready to serve fill tall glasses half full of shaved ice and add a dash of rum and a cherry to each glass. Place a spray of mint on top of each glass.

HOT BEVERAGE.

The yolk of an egg is beaten and a little sugar added, then the beaten white and a half cupful of hot milk, sprinkled with nutmeg. This would be both a nourishing and refreshing drink.

EGG LEMONADE.

Egg lemonade is both nutritious and refreshing. It is made by beating an egg until almost thick and then adding sugar and beating it again. To this the lemon juice is added, and there is more beating. Add now ice-cold milk, beat again and pour the mixture into a glass having a little cracked ice in the bottom. Grate nutmeg on the top and serve immediately. If one prefers it, only the white of the egg may be used.

ENGLISH LEMONADE.

Pare two oranges and six lemons thinly and steep them in a quart of hot water for four hours. Boil one and one-quarter pounds of granulated sugar in three pints of water and add to these two liquors the juice of six oranges and lemons and stir well. Strain through a jelly bag and serve ice cold.

LEMONADE AND GRAPE JUICE.

Lemonade, to which has been added grape juice, is a change from ordinary lemonade and is very good indeed.

ITALIAN LEMONADE.

In Italy they make a lemonade that is especially palatable. For a gallon of it pare two dozen lemons thinly, and press out the juice, which is then poured over the peels and allowed to remain for about twelve hours. Add to this two pounds of granulated sugar, three quarts of boiling water, a quart of white wine and later a quart of boiling milk. Strain the whole through cheesecloth or a jelly bag, cool, and when serving pour in tumblers having a bit of shaved ice in the bottom of each glass.

MULLED CIDER.

To one quart of sweet cider add one teaspoonful mixed whole spices. Boil five minutes and strain. Beat three eggs thoroughly, add to the hot cider and serve at once with hot toasted raisins in each glass.

SEA FOAM.

Mix the pieces of one pineapple and one lemon with four spoonfuls of mint leaves cut into bits, and add half a cupful of sugar. Beat the whites of four eggs stiff and gradually whip in the fruit juices. Add four cupfuls of carbonated water, and serve.

STRAWBERRY NECTAR.

Cut fine strawberries in small pieces and sweeten with powdered sugar. Fill the goblet quarter full of this fruit and fill with plain or aerated iced water. A slice of lime may be added to this.

ICE-COLD WATER WITHOUT ICE.

Fill an unglazed earthenware jug with cold water and stand it in a bowl of water. Then soak a clean kitchen towel in cold water and wrap over the jug, allowing the cloth to rest in the bowl of water. It will become icy cold.

HOT DESSERTS

HOT DESSERTS fall into several classes and are grouped into bread puddings, puddings in which a cake mixture forms the foundation, souffles, cobblers, short-cakes and many miscellaneous puddings.

BREAD PUDDING.

To a pint of soft, white crumbs add two cups of milk; let this stand half an hour; add a quarter of a teaspoonful of salt and two tablespoonfuls of sugar and the stiff whites of three eggs; put it into a buttered dish and bake; add a layer of raspberry jam or marmalade and the beaten white of an egg mixed with a tablespoonful of sugar, and return to the oven to brown. Serve hot or cold.

CHOCOLATE BREAD PUDDING.

Mix in a bowl one cupful bread crumbs, four tablespoonfuls chocolate melted, two and one-fourth cupfuls scalded milk, one cupful sugar, pinch of salt, one teaspoonful vanilla extract and two well-beaten eggs. Pour into a well-buttered baking dish, set into a pan of boiling water and bake in moderate oven; stir twice during the making to keep chocolate from rising to the top.

LEMON BREAD PUDDING.

Soak a cupful of bread crumbs in a quart of milk and beat until foamy. Beat and add the yolks of three eggs. Grate the rind of a lemon. Mix with a quarter of a cupful of sugar and the juice of the lemon. Mix all together and bake in a moderate oven. When baked cover with a meringue made from the three whites and three tablespoonfuls of sugar. Set in the oven to brown.

ORANGE BREAD PUDDING.

To a cupful of stale bread crumbs add a cupful of cream. When the cream is all absorbed beat lightly with a fork and add the grated yellow rind of an orange and the juice of two. Sweeten to taste, add a pinch of salt and half a cupful of boiling milk. Blend the ingredients thoroughly, fold in the stiffly beaten whites of two eggs and pour into buttered cups. Set in a pan of hot water and bake until firm in a moderate oven.

QUEEN'S BREAD PUDDING.

Soak two cupfuls of bread crumbs in a quart of milk, add the well-beaten yolks of four eggs, half a teaspoonful of salt, half a cupful of sugar, two tablespoonfuls butter and flavoring to taste. Bake one hour in the dish in which it is to be served. Spread with jelly and cover with a meringue made of the whites of the eggs and two tablespoonfuls of sugar for each egg. Bake until brown.

BROWN BETTY—I.

One cupful of bread crumbs, eight sliced apples, one-half cupful of molasses, one-half cupful of cold water; butter a baking dish, put a layer of crumbs, then a layer of apples, sprinkle with cinnamon and sugar and dot with bits of butter; repeat until the dish is full; insert a knife in several places and pour in the water and molasses. Set in a pan of hot water and bake for forty-five minutes. Serve hot with cream or hard sauce.

BROWN BETTY—II.

Pare and chop six apples. Place a layer of apple in a well-buttered pudding dish, then a layer of bread crumbs, sprinkle with brown sugar and cinnamon, repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the pan. Bake in a moderate oven until brown, and serve with plain or whipped cream.

CRACKER PUDDING.

Half pint of pieces of cracker, four eggs, three-fourths cupful of sugar, piece of butter size of an egg, salt, raisins, quarter of a teaspoonful of soda, one-half teaspoonful of cinnamon and same of nutmeg, one quart of milk. Soak crackers in milk about half hour. Bake about an hour in moderate oven. Eat with a plain pudding sauce.

CRUMB PUDDING.

Roll one quart of bread crumbs and put into the oven to brown, put into a pudding dish and pour over it the following custard: Beat the yolks of three eggs, add three-quarters of a cupful of sugar, three tablespoonfuls of flour, a tablespoonful of butter and a grating of nutmeg. Pour boiling water over it until it is smooth (one and a half or two cupfuls), pour it over the crumbs and cover with the beaten whites, which have been mixed with two tablespoonfuls of sugar. Brown in the oven and serve hot.

LEMON SUET PUDDING.

Mix together three cupfuls of bread crumbs, a cupful of suet cut very fine, a teaspoonful of baking powder and a half cupful of sugar. Beat four eggs and add to the mixture with a pinch of salt and two tablespoonfuls of lemon juice. Scald three cupfuls of milk and pour over, stirring carefully. Let stand covered for half an hour. Then pour into a buttered baking dish and bake forty minutes. Any sauce, either custard or a lemon sauce, will be good with this pudding.

PRUNE PUDDING.

Soak a pound of prunes over night and remove the stones. Fill a buttered baking dish with alternate layers of prunes and buttered slices of bread (stale). Have bread on top. Beat two eggs with one-fourth cupful of sugar, add two cupfuls of milk; pour over bread and prunes. Bake for an hour.

HOT RASPBERRY CHARLOTTE.

Raspberry charlotte is made from one pint of raspberries, half a pint of bread crumbs, two eggs, one pint of milk, two ounces of powdered sugar, one ounce of butter. Butter a pie dish and sprinkle with bread crumbs, then put in a layer of raspberries and sprinkle with sugar. Repeat the alternate layers of crumbs, raspberries and sugar until the dish is full. Beat up the eggs with milk and pour into the dish. Scatter a few bits of butter on top and bake in a moderate oven.

RASPBERRY PUDDING.

For a delicious raspberry pudding take half a pint of raspberries, six ounces of bread crumbs, one-quarter of a pound of powdered sugar, one-quarter of a pound of suet, two eggs and half a pint of milk. Finely chop the suet and mix with the sugar and bread crumbs. Beat the eggs separately, then with the milk and add to the other ingredients. Lastly add the raspberries. Put the mixture into a greased mold and steam from two and a half hours to four hours.

STRAWBERRY CUP PUDDING.

Butter and dust with sugar five cups; fill three-quarters full with the following mixture: One cupful bread crumbs, one cupful hot milk, four tablespoonfuls sugar, two eggs beaten very well and a half pint of strawberry preserves. Mix all together, set the cups in a pan of water and bake about thirty or forty minutes. Serve hot with thin cream.

APPLE PONE.

Pare and chop fine one pint of sweet apples. Pour a cupful of boiling water into a pint of white corn meal, beating hard to make light. When cool, add one cupful of sweet milk and a half teaspoonful or more

of salt. Stir in the apples a grating of nutmeg and bake in a covered dish. Serve with hard sauce or cream and sugar.

GRANDMOTHER'S INDIAN PUDDING.

Scald one cupful of sweet milk and stir into this enough corn meal to make stiff, about like bread. Add one cupful of molasses and let the mixture come to a boil. Salt well and spice with ginger and cinnamon. Bake two and one-half to three hours. Two cupfuls of quartered sweet apples added is an improvement.

RAISIN PUDDING.

Put four teaspoonfuls of well-washed rice, one teaspoonful of salt, half a cupful of sugar and half a cupful of raisins in one quart of milk. Let stand on the back of stove until rice is swollen. Bake in a moderate oven until rich and creamy. May be served with cream.

PEACH AND TAPIOCA.

Soak a half cupful of tapioca, add a cupful of sugar, salt and a pint of water; cook until clear, then add a pint of peaches cut in halves to the tapioca in a baking dish. Bake until brown. Serve with cream.

AFTERTHOUGHT.

One pint of nice apple sauce sweetened to taste, stir in the yolks of two eggs well beaten. Bake for fifteen minutes. Cover with a meringue made of two well-beaten whites and one-half cupful of powdered sugar. Return to the oven and brown.

APPLE COBBLER.

Peel and core eight medium-sized apples; arrange in a baking dish and fill the space from which the core has been removed with sugar. Make a batter with three cupfuls of milk, one cupful of flour and three eggs well beaten. Pour this over the apples and bake until the apples are done. Serve with a nice sauce.

APPLE CREAM PUDDING

Slice a dishful of apples and pour over them the following batter: Take a pint of sour cream, add a teaspoonful of soda, and when it is dissolved beat in one or two cupfuls of flour, enough to make a thin batter; add salt and pour over the apples. Bake until brown. If the apples are not tart enough add lemon juice and serve with sugar and cream or with a hard sauce.

APPLE DUMPLINGS—I.

Make a rich baking-powder biscuit crust, roll out and cut in squares large enough to wrap a well-cored and peeled apple. Fill the apple with chopped peanuts, sugar and bits of butter. Pinch each square and bake in a hot oven. A most delicious crust may be made by using peanut butter in place of other shortening in the making of the dumplings.

APPLE DUMPLINGS—II.

Take two cupfuls of chopped apple, a cupful of sugar, a tablespoonful of butter and two cupfuls of boiling water; when boiling hot, add the following dumplings, made by taking a cupful of flour, two teaspoonfuls of baking powder, a dash of salt and three-fourths of a cupful of cream; mix and drop by spoonfuls in the apple sirup. Cover and boil twenty minutes without lifting the cover. Serve hot.

APPLE PUDDING—I.

Line a pie plate with sliced tart apples, then cover with a batter made like baking-powder biscuit with less flour. Bake, turn over and spread with butter; sprinkle with sugar and grated nutmeg.

APPLE PUDDING—II.

Fill a greased baking dish half full of thinly sliced apples. Pour over them a cupful of hot water. Cover with a batter made of one tablespoonful of shortening, one-half cupful sugar, one-half cupful water, one cupful flour, one teaspoonful baking powder. Flavor with lemon and bake in a moderate oven. Serve with sweetened cream.

BAKED APPLE PUDDING.

Peel and slice apples and put in buttered pan, one-half cupful of sugar, one-half cupful of milk, one tablespoonful of butter, one egg, one tablespoonful of baking powder, one cupful flour. Bake and serve with hard sauce.

BIRD'S NEST PUDDING.

Peel and slice enough apples to fill a deep pie plate. Make a rich biscuit and mixture, rather soft, and pour over the apples. Bake until the crust is brown and the apples tender. Turn upside down on a plate, spread generously with butter, sprinkle with sugar and grated nutmeg and serve as one does pie.

COTTAGE PUDDING.

Cream three-fourths tablespoonful butter and one and a half tablespoonfuls of sugar, add two teaspoonfuls of beaten egg, one and a half tablespoonfuls of milk and five tablespoonfuls of flour mixed and sifted with one-half teaspoonful of baking powder and a few grains of salt. Beat vigorously, turn into two buttered individual tins and bake in moderate oven. Serve with cream.

CRANBERRY SHORTCAKE.

Make tender crust of one quart of flour, a quarter of a cupful of butter and two teaspoonfuls of baking powder. Use plenty of cranberry sauce and cover with whipped cream.

LEMON SHORTCAKE.

Make the pastry part the same as for any shortcake and shred between the layers a paste composed of the grated rind and juice of a large lemon mixed with a cupful of sugar and one cupful of sweetened cream, flavored with lemon.

MERINGUED APPLES.

Prepare apples as for baking. Cook till tender, but not till broken. Fill the centers with apple jelly or marmalade and coat each apple with a meringue made of the whites of two eggs and two tablespoonfuls of sugar, flavored with lemon. Place in a quick oven to brown.

PEACH CHARLOTTE.

Line a plain mold with ladyfingers or strips of bread dipped in butter. Fill the mold with peaches, cut fine and sweetened to taste; cover with more strips of buttered bread, and bake.

PEACH COBBLER.

Pare and cut fine ripe peaches in halves. Crack a few of the pits, remove and blanch the kernels. Butter a deep baking dish, put in two layers of the fruit, dredge each layer with flour, sprinkle generously with sugar, dot with bits of butter, then add the kernels and one cupful of water. Place a dish over the peaches, cover with a rich biscuit dough and bake in a hot oven. Serve with cream.

PEACH DESSERT.

Peach pudding is a very popular dish with the peach lover. Fill pudding dish with whole peeled peaches and pour over them two cupfuls of water; cover closely and bake until peaches are tender; drain juice and let stand until cool. Add to juice one pint of sweet milk, four well-beaten eggs, a small cupful of flour with one teaspoonful of baking

powder mixed thoroughly in it; one cupful of sugar, one tablespoonful of melted butter and a little salt. Beat well, pour over peaches. Bake until brown; serve with cream.

PEACH SHORTCAKE.

Make a rich short-cake batter and after baking split open and spread with butter. Pile with freshly sliced peaches, cover with powdered sugar and over these spread whipped cream. Cut this short-cake into squares before serving. Serve with a sauce made of fresh peaches, which have been mashed and sweetened. Whipped cream may be piled on top.

POPPED CORN PUDDING.

Scald three cupfuls of milk and pour two cupfuls of popped corn which has been finely pounded, and let stand one hour. Add three eggs slightly beaten, one cupful of brown sugar, one tablespoonful of butter, a few dashes of salt; stir and pour into a buttered pudding dish. Bake thirty-five minutes in a slow oven and serve with cream and maple sirup.

PUMPKIN PUDDING.

Into a pint of stewed pumpkin beat the whipped yolks of five eggs, two pints of milk, three-fourths of a cupful of sugar and half a teaspoonful each of powdered mace, nutmeg and cinnamon. Last of all stir in lightly the stiffly beaten whites of five eggs, turn the mixture into a buttered pudding dish and bake until set. Serve hot with a hard sauce.

RASPBERRY SHORTCAKE.

Make a rich biscuit dough by mixing one quart of flour sifted with four heaping teaspoonfuls of baking powder, one-half teaspoonful salt; work in one tablespoonful of butter, one cupful of cream, milk enough to make the dough easy to handle, one egg broken in and stirred well. Roll the dough until about an inch thick, brush over with melted butter, cut with biscuit cutter size of the top of a cup. Place one over the other. When baked break open, put sweetened raspberries between and put a large spoonful of whipped cream on top and one large berry; also juice poured around.

RHUBARB SHORTCAKE.

Chop fine one cupful of mixed dates and raisins. Add to two cupfuls of rich, thick stewed rhubarb, cook five minutes. Split a short-cake and spread generously with butter, then cover with the rhubarb mixture. Cover with whipped cream.

SWEET POTATO PUDDING.

Peel and grate enough raw sweet potatoes to weigh a half pound. Cream together six ounces of butter and a half pound of sugar; add alternately eight well-beaten eggs and a grated potato; then add the juice and grated rind of one orange and one lemon, one-quarter of a teaspoonful of mace, one teaspoonful of cinnamon, one-half teaspoonful of salt, two tablespoonfuls of brandy and one gill of sherry. Beat hard, pour into a buttered dish and bake in a moderate oven for about three-quarters of an hour.

CONCERNING THE STEAMING OF PUDDINGS.

To prevent a steamed pudding from becoming heavy put a cloth over the steamer before covering. This prevents the moisture from settling and making the pudding heavy.

Cook steam puddings by putting the batter in a tube angel-food pan, and setting this in a steamer. This allows the center to cook as well as the sides and does away with the sticky center so often found in large solid pudding molds.

CRANBERRY POT PIE.

A quart of berries, a pint of water and three-quarters of a pound of

sugar. Place in kettle, cover with squares of light biscuit dough and boil for fifteen minutes. Serve with sauce or nutmeg and cream.

STEAMED APPLE PUDDING.

Fill baking dish with sliced tart apples, then spread on top the following batter: Three cupfuls of flour, two tablespoonfuls of sugar, butter size of an egg, two teaspoonfuls of baking powder. Moisten mixture with milk until it is thick batter. Steam two hours. Serve with a sauce or with cream.

CRANBERRY ROLY-POLY.

Chop fine one pint of cranberries and a half cupful of raisins. Spread the mixture over a rich biscuit dough; sprinkle with sugar; roll up, pinching the ends of the dough. Arrange on a greased pan and steam forty-five minutes. Put in the oven just long enough to dry off.

STEAMED CRANBERRY PUDDING.

One cup of sugar, one egg, one teaspoonful of vanilla, three teaspoonfuls of baking powder, four tablespoonfuls of butter, three-quarters of cupful of cold water, one and a half cupfuls of flour, two cupfuls of cranberries. Mix as for cake batter. Alternate with batter layers of berries; place in a mold and steam for one and a half hours. Serve with vanilla or cranberry sauce.

COLD DESSERTS

COLD DESSERTS fall into the following classes: desserts, the thickness of which is brought about by the use of gelatine; those the thickness of which is brought about by the use of corn starch, junket, eggs, tapioca, sago, and finally a large number of miscellaneous cold desserts. It is in the realm of cold desserts that the possibilities for the handsomest dishes are greatest.

CIDER JELLY.

Soften two and one-half tablespoonfuls of gelatin in a half cupful of cold water; pour over this one cupful of boiling hot cider, add a cupful of sugar, a third of a cupful of lemon juice. When the gelatin is dissolved add two cupfuls of cider and pour into a mold to harden. This may be served in individual molds.

LEMON JELLY.

Soak two ounces of gelatin in one-half pint of cold water for one hour; then mix it with one and one-half pints of boiling water, the thinly pared peel of one and the juice of three lemons, and sugar to taste. Boil all for five minutes, then remove it from the fire and allow it to cool. Stir in quickly the crushed shells and beaten whites of two eggs and boil the jelly up again without stirring. Allow it to settle for ten minutes, strain through a jelly bag of close-mesh cloth, so that the liquid may be perfectly clear. Pour the jelly into a fancy jelly mold and leave until set or put into glasses and seal. This may be made the foundation or flavoring jelly for other jellies and many desserts.

PARADISE PUDDING.

To a pint of lemon jelly add a half cupful of blanched and shredded almonds, a dozen marshmallows cut in quarters, a dozen candied cherries, cut in bits, put into a mold and stand until firm. Serve whipped cream heaped around the mold.

PEACH JELLY.

Prepare a pint of lemon jelly. Pour a quarter of it into a mold. When it is cool lay fresh peaches in it and set away to harden. When it

is firm pour in more jelly and add another layer of peaches, then the rest of the jelly. When set turn out and serve with sweetened cream.

GRAPES IN JELLY.

To one quart of hot grape juice add two tablespoonfuls of dissolved gelatine. Place a layer at the bottom of a mold; chill, then add a row of grapes cut in half and seeded, then more liquid and again chill until set. Repeat until the mold is full. When jellied, unmold and garnish with whipped cream.

ORANGE JELLY.

One quarter ounce of gelatine, the juice of two oranges, one and one-half ounces of lump sugar, one egg, one-quarter pint of cold water. Rub the sugar on to the orange rind till it becomes quite yellow, then put it into a saucepan with the water and gelatine. Cut the oranges open, strain their juice and put it in with the gelatine and water. Let the whole heat till the gelatine is melted, then remove the pan from the fire. Beat the egg up very well. Allow the gelatine mixture to cool and then pour it on to the egg, stirring briskly all the time. Have ready a mold which has been dipped in cold water; pour the jelly into this and put it aside till it is set.

JELLIED PEACHES.

Drain the sirup from a jar of peaches and cut the fruit into small pieces. Measure the sirup, and if there is not enough to make one pint add enough water to make the desired quantity. Heat the sirup to the boiling point, stir in one tablespoonful of granulated gelatin, softened in one-half cupful of water. Stir until dissolved, add one tablespoonful lemon juice, let stand in a cool place until it begins to thicken, then add the peaches; turn into a mold and let harden. Serve with whipped cream.

BANANA CREAM.

Rub five large bananas smooth with five tablespoonfuls of sugar, then add a cupful of cream beaten stiff. Mix with a pint of lemon jelly and pour into a mold to harden. Serve with whipped cream.

CHOCOLATE CREAM.

Soak two tablespoonfuls of gelatin in a quarter of a cupful of cold water. Mix together a cupful of sugar, four ounces of grated chocolate and three well-beaten eggs, add two cupfuls of milk brought to the scalding point. Cook in a double boiler until the mixture begins to thicken, then stir in the gelatin, a pinch of salt and a teaspoonful of vanilla. Turn into a cold dish and serve with mounds of whipped cream dotting the top.

CIDER CREAM.

Pare, core and quarter six tart apples, add the yellow rind of half a lemon, cover with a pint of cider, boil and press through a sieve. Cover a half box of gelatin with half a cupful of cold water, and when softened add the juice of one lemon, and mix all together. When molded serve with cider sauce or cream and sugar. Grape juice may be used in place of cider when it is not obtainable or any canned fruit juice may be used.

FRUIT CREAM.

Cook the juice of three lemons and three oranges with two cupfuls of sugar; set aside to cool. Soften two tablespoonfuls of gelatin with milk, then heat over hot water until dissolved. Whip two cupfuls of cream, add the fruit juice and gelatin, stir until well blended, then pile high in a deep dish or mold if preferred.

ORANGE BAVARIAN CREAM.

Prepare a pint of orange jelly and when it begins to harden fold in a pint of whipped cream which has been sweetened with a half cupful of sugar. Mold and serve cold with cream.

PRUNE JELLY.

Wash a half pound of good prunes and allow them to soak for an hour in cold water. Then put into an enameled saucepan with the rind of a lemon thinly peeled, a stick of cinnamon and a quarter of a cupful of sugar. Stew until tender, then strain the liquid and rub the prunes through a sieve. Crack the stones, blanch the kernels and add to the pulp; add a quarter of a cupful of lemon juice and four tablespoonfuls of softened gelatin. Stir until well mixed, strain and mold, then serve with whipped cream, sweetened and flavored with almond.

CHOCOLATE CORN STARCH BLANC MANGE.

Put two ounces of chocolate into a double boiler and when melted add a pint of warm milk. Stir well and add four tablespoonfuls of sugar. Moisten three tablespoonfuls of corn starch with a little cold milk; add it to the hot milk and cook until thick and smooth. Remove from the heat, add a teaspoonful of vanilla, beat well and pour into a glass dish to serve when cold. Serve with sweetened cream.

ALMOND JUNKET.

Grind a half cupful of blanched almonds, pound them until fine and add them with flavoring to a quart of milk which has been thickened with a junket tablet. Pour into sherbet cups and serve with sugar and cream.

CHOCOLATE CUSTARD.

To one cupful of hot milk add two tablespoonfuls of grated chocolate, two well-beaten eggs, four tablespoonfuls of powdered sugar, a slight pinch of salt and one tablespoonful of corn starch mixed smooth with a little cold milk. Let the mixture reach the boiling point, remove from the stove and when cool pour into cups or glasses. Place in the refrigerator until firm and cold, and serve with whipped cream.

COFFEE CUSTARD.

Two cups milk, two tablespoonfuls ground coffee, three eggs, one-fourth cupful of sugar, one-eighth teaspoonful of salt, one-fourth teaspoonful of vanilla. Scald milk with coffee, and strain. Beat eggs slightly, add sugar, salt, vanilla and milk. Strain into buttered individual moulds, set in pan of hot water and bake until firm. Serve with cream.

CUP CUSTARDS.

Heat a quart of milk in a double boiler, but do not bring it quite to the boil. Beat five eggs light and stir into them half a cupful of sugar. On this mixture pour the scalding milk very gradually, beating steadily all the time. Return to the double boiler and cook, stirring constantly, until the custard is separated. Remove the custard from the fire, season with two teaspoonfuls of vanilla and set aside to cool. When cold, nearly fill the glasses or cups with the mixture and heap with meringue made by whipping the whites of two eggs stiff with two tablespoonfuls of sugar.

MACARONI DRESSED SWEET.

Boil two ounces of macaroni in a pint of milk with a bit of lemon peel and a good bit of cinnamon, until the pipes are swelled to their utmost size without breaking. Lay them on a custard dish and pour a custard over them hot. Serve cold.

CHOCOLATE TAPIOCA.

Wash a cupful of tapioca, cover with a pint and a half of water and soak for two hours. Put four ounces of chocolate in a double boiler and when melted add a half cupful of sugar. Cook until the tapioca is transparent, stirring often; when done, remove and flavor with vanilla. Serve with sugar and cream. A sprinkling of nuts or bits of jelly over the top for a garnish adds to the appearance of either a tapioca or sago pudding.

MINUTE PUDDING.

Add one pint of water to one quart of milk and put on stove. Just before it begins to boil add one cupful of raisins or currants and a little salt. When it boils stir in three or four tablespoonfuls of flour or corn starch, moistened in milk and sugar to taste. Serve cold with sweetened cream or pudding sauce.

PRUNE TAPIOCA.

Put a tablespoonful and a half of tapioca, a quarter of a cupful of sugar, two cupfuls of water and a quarter of a pound of the best prunes, soft and plump from soaking, in the top part of a double boiler. Steam three hours, adding more water if necessary, but do not stir, as the prunes should not be broken. Cool and serve with cream.

GRAPE SAGO.

Wash a cupful of sago, cover with cold water and let soak over night. Next morning cook until transparent. Add a cupful of grape juice. When cool turn into a glass dish and put aside to get cold. Serve with cream and sugar.

SAGO JELLY.

Soak five tablespoonfuls of sago in half a pint of cold water thirty minutes, then add one cupful of sugar, add three cupfuls of boiling water; cook in double boiler for one hour. Pour into molds, and when cold turn out and serve with fruit juice.

STRAWBERRY SAGO.

Soak one cupful of sago in three cupfuls of cold water for two hours, then pour into a double boiler and cook until the sago is transparent. When cool pour it over strawberries in a mold. Serve very cold with sugar and cream.

WHIPPED CREAM, OR TUTTI FRUTTI CREAM CAKE.

No more delicious dessert can be imagined than good layer cake of two layers, filled with sweetened whipped cream and the top covered with it. If one wishes to have the cake more elaborate, bananas, pineapple and candied cherries may be added to the cream. However, it is sufficiently satisfying with plain whipped cream.

CURRANT FLUFF.

Beat white (allow one egg to a person) of egg to stiff froth, add knife-tip of salt and scant dessertspoonful of home-made currant jelly. Beat till smooth and rosy. Pile on slice of cake or sugar cookie. This amount is really enough for two persons if egg is large.

FRUIT BREAD SPONGE.

Pour over two cupfuls of small cubes of bread hot fruit juice until it is all absorbed. Let stand in a cool place several hours and when ready to serve turn from the mold and pour whipped and sweetened cream over.

FRUIT NUT CREAM.

Whip a cupful and a half of cream, add two tablespoonfuls of sugar, a half cupful of chopped nuts, two tablespoonfuls of minced candied orange or grapefruit peel or other candied fruits. Serve in sherbet cups lined with lady fingers.

MARSHMALLOW CREAM.

This is a most delicious dessert which may be easily made and takes the place of a frozen dish. Cut half a pound of marshmallows in fourths, add to a cupful of cream beaten stiff and two stiffly beaten whites of eggs, one cupful of walnut meats broken in bits, a tablespoonful of powdered sugar and a pinch of salt. Flavor with any desired flavoring and serve in sherbet cups. Garnish with cubes of jelly or with candied cherries.

PEACH CANAPE.

Cut rounds from nice sponge cake, sprinkle with a little peach juice and lay on halves of peaches with the hollow filled with whipped cream flavored with a dash of almond extract. Chopped almonds sprinkled over them add to the taste.

PEACH CROUSTADES.

Cut stale sponge or delicate cake into blocks, remove a portion from the center of each to make a well, fill with half a preserved peach, pour over a spoonful of the sirup, cooked until well reduced and crown with a spoonful of whipped cream.

APPLE CREAM PIE.

Make any kind of plain sponge cake batter; bake in shallow, round cake tins. Split carefully and fill with the following mixture: Pare and cut in eighths five or six apples. Cook in as little water as possible. Rub through a sieve or colander, add half a cupful of sugar and the unbeaten whites of two eggs. Whip with an egg beater until white and stiff. Flavor to taste.

PINEAPPLE FLUFF.

Line glass cups with thin slices of sponge cake which have been moistened in pineapple juice. Beat a cupful of cream, add one well-beaten egg and a cupful of powdered sugar with a cupful of shredded pineapple, to which a tablespoonful of lemon juice has been added. A spoonful of any bright, fresh berries or preserved ones of good color added to each cupful makes a most attractive dish.

FROZEN DISHES

FROZEN DISHES are of the following kinds: ice, made of sweetened and diluted fruit juice, which is then frozen; sherbet, a water ice, to which gelatine or white of egg is added; frappe, a water ice, frozen to the consistency of mush; parfait, a water ice into which cream is folded; ice cream, thin cream, sweetened, flavored and frozen; mousse, heavy cream, whipped, sweetened, flavored and packed in a mold for a time long enough to freeze.

PROPORTION OF ICE AND SALT TO USE IN FREEZING DISHES.

The proportion of ice and salt for ice cream is one part salt to three of ice. For ices and sherbets use one part salt to four parts of ice. For packing use one part of salt to four parts of ice. Use a gunny sack or a canvas bag and a heavy mallet to crush the ice.

APPLE SAUCE ICE.

Take two cupfuls of unsweetened apple sauce, add a cupful of sirup, or enough to sweeten to taste. Five tablespoonfuls of lemon juice or nutmeg may be used in place of lemon juice if desired. Freeze.

APRICOT ICE.

One cupful of apricot pulp and juice, a cupful of sirup, two tablespoonfuls of lemon juice, three-fourths of a cupful of water. Mix well and freeze.

CIDER ICE.

Boil together for fifteen minutes one quart cider, one-half cupful brown sugar, six each of whole cloves, allspice and cassia buds. Strain and let stand until cool. Put in freezer and pack with ice and salt in proportion of two parts ice to one of salt. Freeze about fifteen minutes, remove dasher and pack. Serve in sherbet cups.

CRANBERRY ICE.

Cook a pint of cranberries with a cupful of water, add one and one-half cupfuls sugar. Put through a sieve, adding a half cupful of water during the process; then add two tablespoonfuls of lemon juice. Freeze.

A FAVORITE FROZEN DESSERT.

Take the juice of three oranges, three lemons and the pulp of three bananas. Cook together five minutes three cupfuls each of water and sugar; cool. Put the banana pulp through a fine sieve, add it to the sirup with the fruit juice and freeze. This makes about three quarts when frozen.

FROZEN FRUIT CUP.

A rosy ice with the meat course is a great favorite with many. Put a spoonful of raspberry, lemon or orange ice in a sherbet glass and pour over it ginger sirup with chopped ginger on the lemon or a tablespoonful of maraschino cherries over raspberry. Garnish with very thin slices of banana and grapes skinned, seeded and cut in halves.

GRAPE ICE.

Boil together a pound of sugar and a pint of water, cool and add a pint of grape juice and the juice of one lemon. Freeze as usual.

APRICOT SHERBET SERVED IN APPLE SHELLS.

Select bright red apples of uniform size, rub until they have a high polish. Cut off the blossom end and scoop out the pulp, carefully notch the edge. Fill with apricot sherbet and serve upon apple leaves.

BAKED APPLE ICE SHERBET.

Pare, core and quarter ten tart apples. Add sugar and lemon juice and bake until tender. Scald one quart of rich milk and cream. When cold add to the baked apples and freeze.

CHERRY SHERBET.

Take a cupful of cherry sirup left from canned fruit, add the juice of half a lemon, a cupful of sugar and a pint of thin cream; freeze as usual.

CRANBERRY SHERBET.

Take a quart of stewed cranberry juice and add to it the juice of three oranges, a pound of sugar and pack it into a mold to freeze. When like mush, stir in the whites of two eggs, beaten stiff, and finish freezing. Serve with turkey or any meat course.

FROZEN MAPLE SNOW.

A cupful of maple sirup and the whites of five eggs are needed for the dish. Partly beat the whites then beat both together; cook until thick in a double boiler, stirring all the while; when cool pack in salt and ice for three hours. Serve in tall glasses and garnish with candied cherries.

FRUIT SHERBET.

The juice of two oranges, two lemons, a pint of cream and a cupful of sugar sirup or less, depending upon the fruit. Strain the juice and add the cream and sirup; then freeze.

GRAPE JUICE SHERBET—I.

Add to a quart of grape juice a half teaspoonful of clove extract, the juice of a lemon and freeze it as for ice; then stir in two stiffly beaten whites, pack in a mold and let stand in ice and salt for two or more hours. Serve with small cakes.

GRAPE JUICE SHERBET—II.

To a fourth of a cupful of cold water add one and a half teaspoonfuls of gelatin; when softened add a half cupful of hot water, a cupful of grape juice, a half cupful of sirup. Let stand until the gelatin is dissolved, then freeze.

LEMON AND ORANGE SHERBET.

Take a half cupful each of orange juice and lemon juice, two cupfuls of sugar and a pint of thin cream; freeze and serve in sherbet glasses.

PEACH SHERBET.

Pare and remove pits and kernels of three peaches; add these to a quart of water and cook twenty minutes; strain and add enough more water to make a quart. Add two cupfuls of sugar; cook this twenty minutes, then add half a teaspoonful of gelatin softened in a little cold water, and strain. When cold add the juice of a lemon and the peach pulp which has been finely mashed through a sieve. Freeze as usual.

PINEAPPLE CREAM.

Put two cupfuls of water and one cupful of sugar in a saucepan and bring to the boiling point; boil twenty minutes, cool and add a can of grated pineapple; freeze to a mush. Then fold in the whip from two cupfuls of cream. Serve in sherbet cups with candied pineapple and a glaced cherry for a garnish.

VELVET SHERBET.

Take the juice of three lemons, two cupfuls of sugar and a quart of rich milk. Freeze as usual.

CANTALOUPE FRAPPE.

Mix well together three pints of cantaloupe pulp, two cupfuls of sugar and the strained juice of three lemons; freeze.

CRANBERRY FRAPPE.

This is especially good with a turkey dinner. Stew the berries and add the sugar as for sauce or jelly. Cool and add the juice of two lemons and freeze to the consistency of mush. Serve in sherbet cups with turkey or chicken.

GRAPE JUICE FRAPPE.

Boil one cupful of sugar and two cupfuls of grape juice five minutes, add the juice of one lemon and one cupful of orange juice and beat until cold. Fold in the stiffly beaten whites of three eggs, pack in ice and salt and freeze to a mush.

PEACH PARFAIT.

Mash one quart of ripe peaches, add the juice of two lemons. Pour one quart of boiling water over two cupfuls of sugar; boil for five minutes, then pour over the peach pulp; cool and freeze to a soft mush, then add the beaten whites of two eggs, a tablespoonful of sugar and one of vanilla, mix well and finish freezing.

FROZEN PLUM PUDDING.

Scald a pint of milk, and when hot pour over three well-beaten egg yolks, add a cupful of sugar and cook over hot water until the mixture coats the spoon; strain and flavor with melted chocolate. Then fold in the stiffly beaten whites and one cupful of whipped cream and freeze in the usual way. Prepare the fruit to be used, steaming the raisins and currants and adding the finely shredded citron after soaking in orange juice.

BANANA ICE CREAM—I.

Mash three very ripe bananas with a silver fork and put into a bowl with a cupful of sugar, a pint of milk, a pint of rich cream and a tablespoonful of vanilla or lemon extract. Freeze, and serve with maraschino cherries.

BANANA ICE CREAM—II.

Scald two cupfuls of milk in a double boiler, and when it is just scalded pour it over three beaten eggs. Return to the double boiler, stirring constantly until the mixture coats the spoon; add a dash of salt, a half cupful of sugar, and when the custard is cold a teaspoonful of lemon juice and three mashed bananas.

GINGER ICE CREAM.

Pound six ounces of preserved ginger to a paste and add slowly two tablespoonfuls of lemon juice. Mix a pint of cream with half a pound of granulated sugar and add slowly to the ginger mixture. Press through a fine wire sieve, and freeze.

GRAPE JUICE CREAM.

A most delicious grape juice cream is prepared with a cupful of grape juice, a pint of cream, sirup to sweeten and a tablespoonful of lemon juice; freeze.

PEACH ICE CREAM.

Cut up and put through a ricer enough peaches to fill a cup and a half. Add the juice of a lemon and a cup and a fourth of sugar. Turn into a freezer, then add a pint of thin cream and freeze as usual. Pack in a brick mold and when turned out surround with quartered peaches, sprinkled with powdered sugar and pistachio nuts chopped fine.

STRAWBERRY ICE CREAM.

Sift together one-half cupful of sugar, two level tablespoonfuls of corn starch and one-quarter teaspoonful of salt; stir them into one pint of milk, scalded over boiling water; continue stirring until mixture thickens and is smooth, then cover and cook fifteen minutes. Pick over, wash carefully, drain one box of strawberries; mix these with one cup sugar and allow to stand one hour. When corn starch mixture is cooked, strain it into can of freezer; when cold add one pint cream and begin to freeze as usual; when half frozen, add strawberries and sugar rubbed through a sieve and finish freezing. If the berries are sour use one and one-half cupfuls of sugar instead of the cupful designated above.

FROZEN CHOCOLATE.

Melt four ounces of chocolate by putting into a pan over hot water; add one and a half cupfuls of granulated sugar and stir until this is melted; then add a cupful of rich milk or thin cream and boil for one minute. Meanwhile, have a tablespoonful of gelatin melted in a quarter of a cupful of cold water, and when softened add to the hot mixture. When cold add a teaspoonful of vanilla, a pinch of salt and three cupfuls of cream, whipped. Pour into a mold and pack in ice and salt. Four parts of ice to one of salt.

COUP SUZANNE.

Turn one can of apricots into a saucepan, add a third of a cupful of sugar, bring to the boiling point and let simmer until the sirup is thick. Half fill coup glasses with vanilla ice cream, place on top the prepared apricot, cut in small pieces, cover with ice cream and garnish with bar le duc currants.

PRESERVED CHESTNUTS.

Chestnuts with a rich orange sauce cooked until they are like preserves are a delicious accompaniment to ice cream and make a most pleasing variety of garnish for a frozen dessert.

SWEET OR PUDDING SAUCES

FLAVORING SPICES.

Take a fourth of a pound of black pepper, two ounces of ginger, one ounce of grated nutmeg, the same of allspice, cinnamon and cloves, all ground, and a half pound of salt. Put these ingredients through a fine sieve several times, to be sure they are well mixed and blended, and keep closely covered to keep the salt dry. It is a good plan to thoroughly dry the salt before it is mixed with the other ingredients. Add in small quantities as needed to season sauces.

CHERRY SAUCE.

The juice of cherries may be used, thickened and enriched with butter or a half pint of cream cooked with two tablespoonfuls of corn starch until thick, then a meringue of egg white, with a third of a cupful of powdered sugar is added.

CHOCOLATE SAUCE FOR ICE CREAM.

Melt an ounce of chocolate over hot water; add three tablespoonfuls of sugar and a half cupful of boiling water; stir while heating to the boiling point, then add two cupfuls of sugar less the three tablespoonfuls used previously, and a second half cupful of water; then boil six minutes after the boiling begins. If not smooth, strain through a cheesecloth and let become cold; add a teaspoonful of vanilla and a bit of cinnamon before serving.

CREAM SAUCE.

Beat the white of one egg stiff; add the well-beaten yolk of one egg and gradually add one cupful of powdered sugar. Beat one-half cupful of thick cream and one-fourth cupful of milk until stiff; combine the mixture and add one-half teaspoonful of vanilla.

CREAM SAUCE, PLAIN.

Mix thoroughly one pint of cream, three tablespoonfuls brown sugar and one-half small nutmeg, grated.

CUSTARD SAUCE.

Add a pinch of salt to a pint of milk and scald in a double boiler. Pour this over the yolks of two eggs which have been well beaten and added to one-half cupful of sugar. Stir for a few minutes, then pour back into the double boiler. Cook until smooth and creamy, but not too thick to pour easily. When cold flavor with one scant teaspoonful of vanilla or almond, or, better still, crack a few peach stones, blanch the kernels and cook them with the custard.

A DELICIOUS PUDDING SAUCE.

Beat until thick the yolks of two large eggs, then add the beaten white of one and two tablespoonfuls of powdered sugar. Place in a double boiler and cook, stirring until thick. Pour into an earthen bowl and beat until cold, then mix with this a cupful of whipped cream. If used with puddings a teaspoonful of vanilla is added. This sauce is good with fruit salads.

GINGER CUSTARD SAUCE.

Simmer the milk from which the custard is to be made with some chopped ginger in it for fifteen minutes. Then strain and proceed with the custard sauce in the usual way.

GINGER SAUCE FOR BAKED CUSTARD.

Simmer a cupful of sirup, to which a quarter of a cupful of chopped preserved ginger has been added. Serve hot.

HARD SAUCE.

Put half a cupful of butter into a bowl, cream and add half as much sugar, a teaspoonful of vanilla, and beat to a cream; then add the beaten white of an egg, nutmeg if desired, and set on ice to chill.

LEMON SAUCE.

Put a tablespoonful of butter into a saucepan, and when hot add a tablespoonful of corn starch. When smooth add the juice of a lemon, a half cupful of sugar and a well-beaten egg. Stir until smooth.

MAPLE SIRUP SUBSTITUTE.

A good substitute for maple sirup is caramelized sugar sirup. Put a cupful of granulated sugar into a smooth, clean frying pan, stir until melted, then add a pint of boiling water; stir, add another cupful and a half of sugar and boil until all is dissolved. This will be a golden sirup of fine flavor at much cheaper cost than the canned sirups.

MARSHMALLOW SAUCE.

Cut a fourth of a pound of marshmallows in pieces and put into a double boiler and let stand until melted. Dissolve one-fourth of a cupful of powdered sugar in the same amount of water, add to the marshmallows and stir until blended. Cool before serving on the ice cream.

ORANGE SAUCE.

Juice of one orange, grated rind of quarter orange, three-quarters cupful granulated sugar, one and a half tablespoonfuls butter, three level tablespoonfuls corn starch. Mix the sugar and corn starch thoroughly. Add to the orange juice enough boiling water to make altogether a cupful and a half of liquid. Pour this into the sugar and corn starch and stir constantly over the fire until it boils and clears. Add the butter, stir until melted, put in the grated rind and serve hot.

PEACH CUSTARD SAUCE.

Add a pinch of salt to a pint of milk and scald in a double boiler. Pour this over the yolks of two eggs which have been well-beaten and added to one-half cupful of sugar. Stir a few minutes, then pour back into the double boiler. Cook until smooth and creamy, but not too thick to pour easily. When cold flavor with one scant teaspoonful of vanilla or almond, or, better still, crack a few peach stones, blanch the kernels and cook them with the custard.

PUDDING SAUCE.

Boil together one cupful of sugar, one-half cupful of hot water, one teaspoonful flour or corn starch, add flavoring and pour over slices of the pudding.

WHIPPED CREAM SUBSTITUTE.

When it is impossible to have whipped cream a delicious substitute can be made in the following way: Beat the whites of two eggs very stiff. Slice evenly one banana, add to the eggs and beat until thoroughly dissolved. Sweeten to taste with powdered sugar. The richness of taste and creamy color makes this the equal of whipped cream, and with some left-over slices of cake it makes a good "emergency dessert."

CAKE

THERE are in general two kinds of cake, namely, sponge cake and butter cake. The innumerable varieties of cakes are variations of these. Sponge cakes are of two kinds—white and yellow; butter cakes are of two kinds—white and yellow. With good receipts for each of these, almost any good cake can be made, although different receipts are very desirable because a good result is then to be obtained without experimenting.

YELLOW SPONGE CAKE.

Beat the yolks of four eggs until stiff and lemon colored, add three-fourths of a cupful of sugar gradually, beating constantly; then one tablespoonful of lemon juice and a little salt and fold in three-fourths of a cupful of flour and the stiffly beaten whites of the four eggs. Bake in a pan of proportionate size and shape thirty to forty minutes.

WHITE SPONGE OR ANGEL CAKE

Beat eleven egg whites (one cupful) until stiff but not dry, with a little salt; then add one cupful of sugar, beating it in gradually; fold in one cupful of flour sifted with one teaspoonful of cream of tartar five times. Bake forty minutes. Do not flavor, as extracts toughen the egg.

YELLOW LOAF OR LAYER CAKE.

Cream together one-third of a cupful of shortening and one cupful of sugar, add the yolks of two eggs, one-half of a cupful of milk and a cup and three-quarters of flour sifted in with one teaspoonful of baking powder. Fold in the whites of two eggs beaten stiff, with one-eighth of a cupful of salt and a half a teaspoonful of flavoring. Bake in loaf form thirty, or layer cake tins fifteen minutes.

WHITE LOAF OR LAYER CAKE.

Cream one-fourth of a cupful of butter and one cupful of sugar together, add one-half cupful of milk, two cupfuls of flour, sifted, with two teaspoonfuls of baking powder and fold in the whites of four eggs beaten stiff, with a little salt. Add a teaspoonful of flavoring. Bake as a loaf thirty to forty minutes, or in layers fifteen to twenty minutes.

SPONGE CAKE.

Beat four eggs until light, add a cupful of granulated sugar and a cupful of powdered sugar. Sift together two cupfuls of flour with two teaspoonfuls of baking powder and beat until light and full of bubbles. Into three-quarters of a cupful of boiling water put a teaspoonful of flavoring and stir into the cake mixture. Bake in gem pans. Ice or not, as desired.

ROLL JELLY CAKE—I.

This is a very simple cake to have good, but many find it difficult to roll. Be careful of the baking, and if there is any brown on the edges trim carefully. Take two eggs, beat well; add a half cupful of sugar, half a cupful of flour, a teaspoonful of baking powder and at the last a tablespoonful of water.

ROLL JELLY CAKE—II.

Take four eggs and beat the yolks and whites separately. Then put together; add one cupful of sugar, one cupful of flour, one teaspoonful of baking powder. Bake in a slow oven. When done, turn out on a damp towel, spread with jelly and roll.

BROWN SUGAR CAKE.

One cupful of brown sugar, yolk of one egg, one-quarter teaspoonful each of clove and of cinnamon, one-half cupful raisins, one cupful of sour milk, two teaspoonfuls soda added to the milk, two cupfuls flour; beat well. Bake in moderately hot oven. Frosting: One and one-half cupfuls brown sugar, enough water to keep from burning; let boil until it threads from spoon; add white of one egg beaten stiff, one teaspoonful of vanilla. Take from stove and stir until nearly cold, then spread over cake.

APPLE CAKE.

A most satisfactory apple cake or coffee cake may be made by taking three cupfuls of bread sponge which is light and foamy, add a quarter of a cupful of melted fat (butter is best), a quarter of a cupful of sugar, a well-beaten egg, all well mixed with a half cupful of milk and flour to

make a dough soft, but not sticky. Set to rise, add a half cupful of raisins when kneading it for the flat loaf, cover with butter, slices of apple, sugar and cinnamon, and bake when twice its bulk.

DRIED APPLE CAKE.

Soak two cupfuls of dried or evaporated apples in cold water over night. Chop them, add two cupfuls of molasses and stew for one hour. When cold add one cupful of shortening, three well-beaten eggs, one cupful of currants, one cupful of seedless raisins, one teaspoonful cinnamon, half teaspoonful cloves, half nutmeg, grated, and three cupfuls of flour, into which has been sifted one heaping teaspoonful of soda. Add sufficient sour milk to make the batter of the right consistency. Bake in deep tins in a moderate oven from two to four hours.

APPLE SAUCE CAKE—I.

Rub together two cupfuls sugar and half cupful shortening. Add three cupfuls apple sauce, into which has been stirred two teaspoonfuls of saleratus. Season with two teaspoonfuls of cinnamon, one teaspoonful of cloves and one of allspice. Add three cupfuls of flour. Bake in shallow cake tins and serve hot as a pudding with lemon sauce or nicely flavored whipped cream, or frost it and serve with tea.

APPLE SAUCE CAKE—II.

Take a cupful of sugar, half cupful of shortening, cupful of unsweetened apple sauce, a teaspoonful of cinnamon, half teaspoonful each of cloves and salt, a teaspoonful of soda, cupful of raisins and two and a half cupfuls flour. Sprinkle with nuts and sugar before putting into the oven.

CHECKERBOARD CAKE.

A pretty idea for a colored cake is to make a batter of two or three colors as desired. If three colors are used, the cake is baked in three layers, or if but two colors are desired, two layers will do. A pink, a white and a chocolate batter made the pretty combination for my cake. Put in the tins by placing one color round the outer part of the tin for a third of the distance to the center, then another color for another third and fill the center with remaining color. Make each layer different. When these layers are iced and placed together each slice of cake will show nine little squares of color that are very mystifying and cause much joy when served to the little folks.

CHOCOLATE CAKE—I.

Take a cupful of brown sugar, a fourth of a cupful of butter, a fourth of a cupful of sour milk, a teaspoonful of soda, dissolved in a half cupful of boiling water, with two squares of chocolate grated and added at the last, one egg well beaten and one and a fourth cupfuls of flour. Bake in layers and put together with boiled frosting.

CHOCOLATE CAKE—II.

One cupful sugar, one-half cupful butter, three eggs, one-half cupful milk, two cupfuls flour, three teaspoonfuls cocoa, one teaspoonful vanilla. Sift flour before measuring.

CHOCOLATE CRUMB CAKE.

This is a very good way to use up old cake, doughnuts, cookies, etc. Three cupfuls cake crumbs, one egg, one tablespoonful of butter, one teaspoonful of vanilla, one cupful of milk, two-thirds of a cupful of sugar, two teaspoonfuls baking powder, two squares of melted chocolate, salt and flour to make a rather thick cake batter. Bake in loaf form.

ONE EGG CHOCOLATE CAKE.

Boil together until they thicken one-half cupful rich milk, the yolk of one egg and one-fourth cake chocolate. When cold add one table-

spoonful of butter, one-half cupful milk, two teaspoonfuls baking powder and two cupfuls flour. For frosting, boil one cupful sugar with six tablespoonfuls water till it threads. Take from fire, pour over the stiffly beaten white of one egg.

COLD WATER CAKE.

One and one-half cupfuls of sugar, one-quarter cupful of butter, two and one-half cupfuls of flour, two eggs, one cupful of water, two teaspoonfuls of baking powder sifted with the flour. Flavor to taste and frost if you like. This is a good recipe for a layer cake.

CREAM LAYER CAKE.

Cream one cupful of butter with two cupfuls of sugar, one-half pint sweet milk, four eggs beaten very light, two teaspoonfuls baking powder and enough flour to make a good batter. Flavor with vanilla, mix well and bake in layer tins. When cold put the layers together with a filling made by whipping one-half pint of cream stiff, sweetening it and flavoring to taste.

DARK CAKE FOR THANKSGIVING.

One cupful molasses, one-half cupful sugar, one-half cupful butter, one cupful milk, three cupfuls flour, two eggs, one-half pound raisins, one-quarter pound citron. Teaspoonful each cinnamon, nutmeg, allspice, one-quarter teaspoonful cloves, three-quarter teaspoonful soda. Bake in a fruit cake tin (large deep tin) two hours with a slow fire.

EGGLESS CAKE.

One cupful of brown sugar, one cupful of water, one cupful of raisins, one cupful of currants, one-third of a cupful of lard, one-quarter of a nutmeg, two teaspoonfuls of cinnamon, one-quarter of a teaspoonful of cloves, one-quarter of a teaspoonful of ginger. Boil these ingredients three minutes, cool, then add one teaspoonful of soda, dissolved in hot water, one and one-half cupful of flour (sifted), to which has been added one-half a teaspoonful of baking powder. Bake in a moderate oven.

FRUIT CAKE.

Take one and one-half pounds of flour, one teaspoonful baking powder, one pound citron, one pound sugar, one pound butter, two pounds currants, one pound blanched almonds, two pounds raisins, one pound orange peel, one pound lemon peel and twelve eggs. Bake five hours.

WHITE FRUIT CAKE.

To make an especially delicious cake of the lasting variety, cream together one cupful of butter and two cupfuls of sugar and add one cupful of milk. Sift three cupfuls of flour and one teaspoonful of baking powder three times and add to the mixture and stir well. Slice very thin one pound of citron, blanch one pound of almonds and chop fine and grate one medium-sized fresh cocoanut and add to the mixture with one wineglassful of white wine, stirring enough to mix only. Last fold in the beaten whites of eight eggs. Bake in two loaves and cook in a moderate oven.

GOLDEN CREAM CAKE.

One cupful sugar, three-quarters cupful butter creamed together, one-half cupful sweet milk and the beaten whites of three eggs, one and one-half cupfuls flour, one and one-half level teaspoonfuls baking powder. Bake in layers. For filling: Yolks of three eggs, one cupful sugar and two tablespoonfuls thick cream beaten together until very light. Flavor with vanilla. These are very good.

GOLDEN LOAF CAKE.

Cream two-thirds of a cupful of butter, add one and a fourth cupfuls of sugar; beat the yolks of eight eggs until creamy; add a teaspoonful of

cream of tartar and beat until stiff. Sift two and a half cupfuls of pastry flour with a half teaspoonful of soda three times, then add the yolks, then two-thirds of a cupful of milk and the flour. Flavor with vanilla, beat hard and bake in a tube pan.

LEMON CAKE—I.

Mix one cupful of butter, two and one-half cupfuls of sugar, add the beaten yolks of three eggs, two-thirds of a cupful of sweet milk with one-half teaspoonful of soda dissolved in milk, four cupfuls flour, the juice and grated rind of two lemons. Beat well the whites of the three eggs and add to other ingredients. Bake slowly.

LEMON CAKE—II.

One-half of a cupful of butter, one and one-half cupfuls of sugar, two-thirds of a cupful of milk, four eggs, two and one-quarter cupfuls of flour, two level teaspoonfuls of baking powder; cream butter; add gradually the sugar, egg yolks well beaten, and milk; mix and sift the flour and baking powder, and add then the egg whites beaten stiff; bake in layers and put together with lemon filling.

MAPLE SUGAR CAKE.

Mix together half a cupful of butter, one and one-half cupfuls of sugar, the whites of six eggs, one cupful of milk, two and one-half cupfuls of flour, two teaspoonfuls of baking powder and a teaspoonful of vanilla extract. Make the icing as follows: One pound of maple sugar, half a cupful of butter and enough sweet milk to thicken; boil until thick when dropped from the spoon, remove from the fire and beat until it is of the proper consistency to spread. Cover the loaf with it, and while it is still soft dot over with blanched almonds.

ORANGE CAKE.

One-fourth cupful of butter, one cupful of sugar, two eggs, one-half cupful of milk, one and two-thirds cupfuls of flour, two and one-half teaspoonfuls baking powder. Cream the butter, add sugar gradually, yolks of eggs well beaten, and milk. Then add flour mixed and sifted with baking powder. (Do not pack flour in cup or the mixture will be too stiff.) Lastly fold in stiffly beaten whites of eggs. Put together with orange filling and ice with orange frosting.

PORK CAKE.

One cupful of sugar, one cupful of molasses, one cupful of sour milk, one cupful fat pork chopped fine, one cupful of raisins, four eggs, one nutmeg, one teaspoonful of soda, one teaspoonful of cinnamon. Stir in flour as for fruit cake. This will keep six months.

PRISCILLA CAKE.

Work a fourth of a cupful of butter with a spatula, add one cupful of sugar, two eggs well beaten, and a half cupful of milk alternately with one and two-thirds cupfuls of pastry flour, sifted, with two and a half teaspoonfuls of baking powder. Turn into buttered tins and bake in layers. Fill with either caramel or maple filling.

RAISIN CAKES.

While nuts are not good for very little people, raisins which have been seeded and chopped are excellent. Cream half a cupful of butter, add a cupful of sugar, add a half cupful of rich milk or thin cream. Dissolve half a teaspoonful of soda in a little hot water, or use two teaspoonfuls of baking powder, and sift it with the flour. Beat one egg and add enough flour to roll after adding a cupful of chopped raisins.

RAISIN CAKES MADE WITHOUT EGGS.

One cupful of butter, two cupfuls of sugar, two cupfuls of sweet

milk, four cupfuls of flour, one cupful of chopped raisins, one teaspoonful of flavoring and two teaspoonfuls of baking powder. Bake as drop cakes in little thins. Frost top and sides and put a large raisin in the center.

SNOWFLAKE CAKE.

Cream one-quarter cupful butter and one cupful sugar, add one-half cupful milk, one and two-third cupfuls flour, sifted with two and one-half teaspoonfuls baking powder; add the well-beaten whites of two eggs and one-quarter teaspoonful almond extract. Bake about forty-five minutes.

WALNUT CREAM CAKE.

For the layers use any regulation cake recipe. The following is very good and easily made by beginners: One cupful sugar, one-half cupful butter, three eggs (whites and yolks separately beaten), one and one-half cupfuls flour, one and one-half teaspoonfuls baking powder, one-half cupful milk, vanilla flavoring. Bake in three layers. Fill with walnut cream filling.

WALNUT TEA CAKE.

Beat four eggs to a froth and add them to one-half cupful of butter creamed with a cupful and a half of powdered sugar, a half cupful of milk, two cupfuls of flour and two teaspoonfuls of baking powder and a half cupful of walnut meats. Flavor with a little mixed spice.

GINGERBREADS, COOKIES, WAFERS

SUGAR COOKIES—I.

Two pounds sugar, one cupful butter, one egg, one cupful clabbered cream, one teaspoonful soda, one teaspoonful vanilla extract, one teaspoonful lemon extract, one teaspoonful baking powder; flour to roll soft. Mix as for cake, beating soda into the cream and sprinkle sugar over the top and bake in very slow oven. If the dough is allowed to stand fifteen to twenty minutes before being rolled and the board and rolling pin are well floured they can be handled much softer than would be imagined and a better cooky will result.

SUGAR COOKIES—II.

To make sugar cookies take three-fourths of a cupful of fat, one cupful sugar, one egg, one-fourth cupful milk, two teaspoonfuls baking powder, two cupfuls flour, one teaspoonful flavoring or spice. Roll thin, sprinkle with sugar, cut out and bake.

CREAMED COOKIES.

Cream a half cupful of butter, add one cupful of sugar, one well-beaten egg and a half cupful of milk, three and a half cupfuls of flour, one teaspoonful of soda, and two of cream of tartar, then flavor with lemon. Roll out and cut and put the following filling in between two cookies before baking: Cook until thick one cupful of raisins, juice and rind of a lemon, one cupful of sugar and a half cupful of water, with two teaspoonfuls of corn starch.

FILLED COOKIES.

To a half cupful of shortening add a cupful of sugar, one egg and half a cupful of sweet milk in which one teaspoonful of soda is dissolved. Sift three and a half cupfuls of flour with two teaspoonfuls of cream of tartar, add a teaspoonful of vanilla and mix well, roll out thin and cut with a cooky cutter. Cook a cupful of chopped raisins with half a cupful of water, a tablespoonful of flour and lemon juice to taste. When thick remove and place a teaspoonful on one cooky, cover with another and

bake until brown. A filling of figs and dates may be used instead of raisins if so desired.

LEMON WAFERS.

Lemon wafers and orange wafers are made in the same manner. Cream a cupful of butter with two cupfuls of sugar; work in two beaten eggs. Squeeze the juice from a large lemon and grate the rind. Add this to a small cupful of cold water and mix with the other ingredients. Then put in enough flour to make a dough stiff enough to roll. Roll very thin, cut in rounds or other shapes, and bake.

GINGER SNAPS.

Ginger snaps made from self-rising flour are very little trouble to prepare, and the cost is small. Heat a cupful of molasses, and when it reaches the boiling point pour over one-third of a cupful of shortening. Add a tablespoonful of ginger sifted with three heaping cupfuls of flour. Put away to get thoroughly cold, then roll out very thin and bake in a quick oven.

SOFT GINGER COOKIES.

One cupful of molasses, two-thirds cupful of lard, two-thirds cupful of sugar, two-thirds cupful of hot water, one teaspoonful of ginger, two dessert spoonfuls of soda and one dessert spoonful cream of tartar. Put the molasses in mixing bowl first, then add cream of tartar and soda. Add also a pinch of salt and flour to roll. Cut out and bake. Do not roll too thin.

BROWNIES.

Sift together two cupfuls of flour, a half teaspoonful of salt, two teaspoonfuls of baking powder and a teaspoonful of cinnamon. Cream together a cupful of shortening with a cupful of granulated sugar and stir into the dry ingredients. Beat two eggs well and add to the rest; then add two cupfuls of rolled oats, a cupful of seeded raisins and a half cupful of well-washed currants. Mix well, then drop by teaspoonfuls on a greased baking dish.

CARAWAY COOKIES.

Mix one cupful of sour cream, half a cupful of buttermilk, two eggs, half a teaspoonful of salt, one teaspoonful of soda, flour to roll and caraway seeds to taste. Currants or nuts may be substituted in place of the seeds if so desired.

OATMEAL COOKIES.

One cupful of sugar, one cupful of molasses, one-half cupful of butter, one-half cupful of lard, three well-beaten eggs, one tablespoonful of cinnamon, two cupfuls oatmeal (uncooked), one and one-half cupfuls of flour, one-half teaspoonful of soda dissolved in one tablespoonful of vinegar, and one-half teaspoonful of salt. Drop from spoon in little balls. Bake in a moderate oven.

PEANUT CRISPS.

Peanut crisps are a fine substitute for the usual tea cakes. Shell a quart of peanuts and chop them fine. Add one cupful of powdered sugar, a tablespoonful of flour and the whites of two eggs. Beat up lightly and drop in spoonfuls on a buttered pan and brown in a moderate oven.

PEPPER NUTS.

Mix one pound and a quarter of brown sugar, two tablespoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful baking powder, three eggs and enough flour to make a stiff dough. Roll it out moderately thin and cut with small cutter. Bake in a cool oven.

CHOCOLATE KISSES.

Gradually add two cupfuls of pulverized sugar to the beaten whites of four eggs and continue beating. Fold in two cupfuls of bread crumbs,

four ounces of unsweetened chocolate, grated; two teaspoonfuls of cinnamon and two teaspoonfuls of vanilla extract. Drop from the tip of a teaspoon two inches apart upon a greased pan and bake in a moderate oven.

DATE KISSES.

Take one pound of dates, one-half pound of English walnuts, the same quantity of figs and the white of one egg to make these. Seed the dates and chop them fine with the figs and nuts. Mix all together with the stiffly beaten white of the egg and bake in small drop cakes.

FIRST LOVE KISSES.

Beat together the whites of two eggs. Add to these a teacupful of sugar and stir until it is so thick it will not slip from the spoon. Stir in three tablespoonfuls of grated cocoanut. Drop teaspoonfuls of the mixture on buttered paper and bake in a hot oven until light brown.

NUT KISSES.

Beat one pound walnut meats with the whites of three eggs, add one and a half pounds of sugar, mix well and add the whites of three eggs; lay them out about the size of a nut and cook in a slow oven.

MARGUERITES.

Whites of three eggs, one quart of peanuts (in shell), one teaspoonful vanilla, one and one-half or two cupfuls powdered sugar; beat whites of eggs very stiff, chop peanuts rather fine; mix all together and drop on saltine crackers, brown lightly in oven.

MACAROONS.

Beat the whites of four eggs until stiff, add a cupful of sugar, one cupful of cocoanut and one of nut meats, then three cupfuls of corn flakes, stir until well mixed and drop by spoonfuls on a buttered sheet. Bake in a moderate oven.

SCOTCH SHORT-BREAD.

Cream a cupful of butter, add a half cupful of light brown sugar and four cupfuls of flour a little warmed. Form the mixture into a flat cake and prick well all over with a fork. Sprinkle the top with caraway candies or bits of citron in flower design with the candies, and bake in a moderate oven.

CHOCOLATE PANCAKES.

This makes a delicious dessert for luncheon and one that is quickly prepared: Mix together two eggs, yolks and whites, with two heaping tablespoonfuls of sweetened chocolate that has been grated (if unsweetened brand is used, then the mixture must be sweetened to taste), half cupful of milk, half cupful of flour. Beat all together well. Fry like ordinary pancakes, brown on both sides and roll them, lay on a hot platter, sprinkle with powdered sugar and serve immediately.

CHOCOLATE SQUARES.

One cupful of sugar, one-quarter cake of chocolate, one-half cupful of molasses, one-half cupful of milk, one-half cupful of butter; mix this all together and boil it twenty minutes, cool it a very little and add one teaspoonful of vanilla. Pour into pans and, when cool, mark off in squares.

RICH GINGER BREAD.

Mix well together one cupful of sugar, one-half cupful of butter, one cupful of molasses, one-half cupful of sour cream, two eggs, one teaspoonful of ginger, one-half teaspoonful of cinnamon, one-half teaspoonful salt, one-half teaspoonful soda dissolved in a little water. Two cupfuls of flour.

DOUGHNUTS—I.

Take one cupful of sugar, creamed with one tablespoonful of butter, two well-beaten eggs, a little nutmeg and cinnamon, one cupful of sour milk with one teaspoonful of soda stirred in, a little salt and flour enough to make a soft dough. Roll out to a half-inch thickness, cut in rings and have the lard boiling hot. The lard in which doughnuts are fried should be hot enough to brown a little piece of bread very quickly, and the cook should allow a minute for it to reheat between each lot of doughnuts. She should have a few thicknesses of soft brown or white paper to drain the doughnuts on after they are taken from the fat. Sprinkle the doughnuts with sifted sugar, if liked.

DOUGHNUTS—II.

One cupful of sugar, one cupful sweet milk, three cups flour, four tablespoonfuls of butter, two eggs, three teaspoonfuls of baking powder, one-half teaspoonful of soda, one teaspoonful of vanilla.

DOUGHNUTS—III.

Mix one cup sweet milk, two teaspoonfuls baking powder, one cup sugar, two eggs, one teaspoonful salt and enough flour to make a soft dough. Roll thin and cut with a round cutter. Drop into hot grease.

OLD-FASHIONED DOUGHNUTS.

One egg well beaten, add two-thirds cupful of sugar, one-half cupful sour milk, one-half teaspoonful of soda dissolved in the milk, one-half teaspoonful of salt, one-fourth teaspoonful dry ginger and nutmeg, one-half teaspoonful cream of tartar sifted with the flour; try cupful and a half of flour, more if needed; roll out. These are delicious.

POTATO DOUGHNUTS.

One cupful mashed potato (warm), two tablespoonfuls shortening (warm), cupful and a half of sugar, two eggs, one cupful milk, one-fourth teaspoonful each nutmeg and cinnamon, six cupfuls flour, two teaspoonfuls baking powder. To mix: Put shortening and sugar in mixing bowl and cream; add the warm mashed potatoes and then the eggs, one at a time, until they are mixed well through. Add the flour, baking powder, spices and beat thoroughly. Let stand about half an hour to ripen. Then add enough flour to roll and cut; fry in deep fat until a golden brown. Lay on a wire screen to drop. You will find they will stay fresh longer than the old-fashioned kind.

CRULLERS.

Mix a cupful of sugar, three tablespoonfuls of butter, a cupful of cream, three cupfuls of flour sifted with two teaspoonfuls of salt. If more flour is needed for a soft dough add it. Roll the dough out and cut in two-inch squares. Slash with a jagging iron or a knife, fry, drain and roll in sugar.

PASTRY

PLAIN PASTRY.

For one pie with a double crust use one and a half cupfuls of flour, six tablespoonfuls of shortening, lard, suet or butter, one-half teaspoonful of salt and cold water to "mix very dry." The ingredients must be cold to insure crisp, flaky crust. Quickly rub the shortening into the flour with the tips of the fingers, leaving it coarse. Use only enough water to form the mixture easily into a mass; it should be dry, not sticky; mix lightly.

Use plenty of flour on the board. What is rolled in is not detrimental, but any kneading injures the quality of the paste. Pie paste may be kept three or four days if kept cold. This is a convenience, as few pies can be kept without injury more than twenty-four hours after baking.

When rolling out paste, roll only enough for one crust. Lay the bottom crust in loosely and press against the edge of the pan. Cut edges carefully with knife. To make a deeper pie, build up the edge of the lower crust with folds or rolls of the paste, moistening with cold water the line where they are joined. If there is to be no top crust the lower crust may be baked before or after filling. If baked before filling it may first be brushed over with white of egg. This prevents the filling from becoming soggy.

Roll out the top crust, perforate with knife or fork in neat design, that the steam may escape. Moisten the edge of the lower crust with cold water, cover the pie, press the upper crust upon the under crust with thumb and forefinger, making even impressions. Cut off the overhanging edges carefully.

CRUST FOR CHICKEN PIE.

The ingredients are three cupfuls of sifted bread flour, three teaspoonfuls of baking powder, one-half teaspoonful of salt, one-half cupful of lard and butter, one cupful of milk. Sift all dry ingredients together. Rub in the shortening with finger tips, then stir in the milk, using a fork and handling it lightly. As soon as combined place on floured board, and with a rolling pin pat into the required size.

APPLE CUSTARD PIE.

To one large cupful of stewed and sifted apples add one cupful of sugar, a dash of salt, the beaten yolks of two eggs and two tablespoonfuls of butter, melted; turn into a pie plate lined with paste and bake in a moderate oven; beat the whites of the eggs until stiff, fold in two tablespoonfuls of powdered sugar, flavor with a few drops of lemon; spread roughly over the pie and brown in the oven.

CARROT PIE.

Scrape and boil the carrots until very tender, then mash thoroughly, and to one cupful of carrot add one pint of milk, one-half teaspoonful each of salt, cinnamon and ginger, one well-beaten egg, sugar to sweeten to taste. Bake slowly in one crust like squash pie.

COCOANUT CUSTARD PIE.

Line a deep tin with rich pastry, pricking the bottom to keep it from puffing as it rises. Fill with a custard of two cupfuls rich milk, two eggs, a half cupful sugar, grated rind of an orange and a cupful of grated cocoanut.

INDIVIDUAL COCOANUT PIES.

Beat together the yolks of two eggs, one cupful sugar, three tablespoonfuls of flour and pinch of salt. Add one pint of boiling milk and stir briskly until it thickens smoothly. Remove from stove, flavor with

vanilla and add three-quarters cupful shredded cocoanut. Pour into individual shells that have been previously baked. Make a meringue of whites of two eggs and a tablespoonful of sugar and drop on pies. Brown in quite hot oven. These are truly delicious.

JERSEY PIE.

Line a pie plate with a crust filled with apples, add sugar, nutmeg, bits of butter, and bake; then pour over sweetened whipped cream for the top crust and serve.

LEMON PIE—I.

Line the pie dish deep with good puff paste. Beat the yolks of three eggs with one cup of sugar, and add the juice of one large lemon and a little of the grated peel. Don't fail to wash the lemon before grating. To one tablespoonful of flour add one cup of light cream. Mix as smooth as possible and then strain into the other ingredients; mix and turn into the crust. Bake the pie in a moderate oven thirty minutes. Beat the whites stiff, with about four heaping teaspoonfuls of powdered sugar, and spread the meringue on plain, or through a pastry bag; return to the oven for a couple of minutes to brown, watching it carefully so it does not scorch. Chill before serving. Whipped cream may be served with it for those who wish it.

LEMON PIE—II.

One cupful each of sugar and milk, one tablespoonful of flour or corn starch, yolks of three eggs, grated rind and juice of one lemon and one cupful of water. Fill baked pie crust with this custard mixture; bake same as custard pie. Beat three egg whites, sweeten slightly and put on the pie after it is baked. Return to oven to brown delicately.

LEMON PIE—III.

One-half cupful of water with teaspoonful corn starch stirred smoothly into it, one cup sugar, tablespoonful butter, yolks of three eggs, one lemon and a little salt. Pour into crust-lined pans and bake. Beat whites of eggs with the tablespoonful of powdered sugar, spread over top, put into oven and brown lightly.

MAPLE PIE.

Take a cupful of maple sirup, add two cupfuls of rich sweet milk and a cupful of sugar, two tablespoonfuls of butter, two tablespoonfuls of flour, cooked together; add to the milk with the yolks of three eggs. Flavor with mapleine and cover with a meringue made of the whites of the eggs after the pie is baked.

PUMPKIN PIE.

A most delicious pie for a festive occasion is a fine pumpkin pie, covered with whipped cream which has been flavored with a half cupful of strong grated cheese.

PUMPKIN PIE FILLING.

Here is a good recipe for pumpkin pie filling: Put the pumpkin in the oven and bake it until it is soft. Then remove the inside and press it through a strainer. This results in drier pumpkin than that prepared in the ordinary boiled way. To the pulp of one medium-sized pumpkin add a quart of rich milk, a cupful of granulated sugar, three beaten eggs, a teaspoonful of ground ginger and one of cinnamon, a big pinch of salt and three tablespoonfuls of dark molasses.

SOUR CREAM PIE.

Beat the yolks of four eggs until light and creamy, add a cupful each of sugar and of chopped raisins and of sour cream, with a fourth of a teaspoonful of cloves. Place in a double boiler and cook together until smooth and thick. Line a pie plate with a rich crust and bake in the

oven as for lemon pie. Fill this crust with the mixture and cover with a meringue made from the whites of the eggs mixed with four tablespoonfuls of powdered sugar.

SOUR MILK PIE—I.

One cupful thick sour milk, one cupful chopped raisins seeded, one-half cupful sugar, or more if needed, piece of butter the size of a walnut, nutmeg and cinnamon and one egg. Make with two crusts.

SOUR MILK PIE—II.

One cupful each of sugar and sour milk, two-thirds cupful molasses, one cupful chopped raisins, one tablespoonful vinegar, one teaspoonful cloves and cinnamon, two eggs, salt to taste. This makes three pies.

VINEGAR PIE—I.

Take three eggs, saving two whites for the meringue. Beat together one tablespoonful of soft butter and a cupful of sugar, add a teaspoonful of cinnamon and half a teaspoonful of allspice and three tablespoonfuls of vinegar. Place this filling in a crust and bake in a moderate oven. Cover with a meringue and brown lightly in the oven.

VINEGAR PIE—II.

Put together in a saucepan a heaping tablespoonful of flour, wet to a paste with a gill of cold water, a cupful of vinegar and a cup of sugar. Stir until melted, then add onecup of cold water. Cook, stirring steadily until thick, then pour into an open crust and bake at once in a very hot oven. When done cover the pie with a meringue and bake to a light brown.

APPLE PIE.

Make a rich crust and fill with a good flavored apple. Dust with flour, sprinkle with sugar and nutmeg and bake until well cooked. An hour is not too long a time for fruit pie of this sort. When serving put a spoonful of ice cream on top and sprinkle with finely grated strong cheese. Whipped cream with grated cheese is also another good accompaniment to apple pie.

APPLE SAUCE PIE.

Fill the under crust with well-strained apple sauce mixed with whipped cream and sugar and flavored with nutmeg. Return to oven to heat.

BAKED APPLE DUMPLING.

Peel and core the required number of tart apples and cover each with a good pastry crust. Put into a baking pan and pour over them one cupful of sugar and two cupfuls of hot water. Baste from time to time until apples are soft and the crust a rich brown. Serve with cream.

EVAPORATED APPLE PIES.

One-quarter box of evaporated apples and one-half pound of rhubarb to a pie. Soak the apples over night. Peel and cut rhubarb in small pieces. Use the usual amount of sugar for apple pies, a pinch of salt and a few bits of butter. Use a little spice if desired. The rhubarb gives the flavor of green apples.

OLD-TIME APPLE PIE.

Slice tart apples, lay them on a lower crust, cover them with maple sirup and very thin slices of salt pork; add a dash of red pepper. Cover with perforated upper crust and bake until apples are soft and sirupy. The pork melts and disappears.

BANANA PIE.

Bake a shell and fill with sliced bananas well sprinkled with sugar and a little lemon juice, then heap with whipped cream, sweetened and flavored.

CRANBERRY PIE.

For a pie one and one-half cupfuls berries are needed. Add a tablespoonful of flour, one cupful of sugar and tablespoonful of butter in bits. Bake with a lattice-work top.

CURRANT PIE.

Wash and stem enough currants to measure three cupfuls and put them in a deep pudding dish. Cover them with enough sugar to sweeten them. If they are very sour they will need a good cupful. Then pour over them half a cupful of boiling water and put the dish in a slow oven to simmer gently for half an hour. Remove from the oven, cool and cover with pie crust. Bake until brown and sprinkle with powdered sugar.

RIPE CURRANT PIE.

Crush one cupful of currants; add a cup of sugar. Beat the yolks of two eggs; add two tablespoonfuls of water and one of flour, mix with the fruit and sugar, cook until smooth. Fill a baked crust and cover with a meringue made of the two whites and two tablespoonfuls of sugar. Brown in the oven and serve cold.

MEATLESS MINCE PIE.

Half a cupful of molasses, two-thirds cupful of water, two-thirds of a cupful of vinegar, one cupful each of sugar, of breadcrumbs, of chopped raisins, of minced apples, one tablespoonful each of cloves and of cinnamon, one nutmeg, grated, and a piece of butter the size of a hen's egg. Mix all the ingredients and heat thoroughly without really allowing it to cook, stirring it often. While hot fill the pie pans and bake with two crusts.

MINCE MEAT—I.

Select two pounds of the round of beef and cook until tender. Chop fine and add a pound of the best suet freed from strings and chopped, a pound each of raisins and currants, four pounds of apples weighed before paring, coring and chopping, one-quarter pound of citron shredded, a level teaspoonful each of cloves and allspice, two nutmegs grated, three level tablespoonfuls of salt, one cupful of molasses, the juice of one lemon and broth from the meat to moisten. If liked more tart, add more lemon juice or vinegar.

MINCE MEAT—II.

Take a pound each of raisins, suet, currants, sugar, half a pound of orange peel and citron, two pounds of apples, one and one-half teaspoonfuls of mixed spices, a tablespoonful of salt, juice and grated rind of two lemons, a cupful of nut meats and a cupful of cider. Chop the suet fine and mix all the ingredients together. The nuts and apple should be chopped also. Cover and set aside in a crock to ripen.

MOCK MINCE PIE.

One cupful of raisins, one-half cupful of breadcrumbs, one egg, one-fourth cupful of vinegar, one-fourth cupful of butter, one and one-half cupfuls of sugar, one cupful of boiling water, one-half teaspoonful cinnamon, one-fourth teaspoonful each of allspice and cloves. This quantity makes filling for two pies. It is delicious and cannot be distinguished from the regular mince meat.

PEACH PIE.

Line pie plate with a rich pie crust and fill with peaches, either canned or fresh. Sweeten as desired and bake until nearly done. Then cover top with dots of currant jelly or any tart jelly and finish baking. Beat whites of two eggs stiff; stir in one-fourth cupful of sugar; spread over pie and brown.

PINEAPPLE PIE.

Mix together thoroughly one-fourth cupful flour and three-fourths cupful sugar, add one cup grated pulp and juice of pineapple; stir and cook until the mixture boils and becomes thick, then remove from the fire and add one egg well beaten. In using canned pineapple put a little sugar in at a time until it is sweet enough to suit the taste. Bake between two crusts.

PRUNE PIE.

Line a pie tin with good, rich pastry and fill with stewed prunes, cut in bits. Sprinkle with one-half cupful of powdered sugar and enough cinnamon to flavor or a grating of lemon rind. Bake and just before it is well done cover with a meringue made from two beaten whites of eggs and three tablespoonfuls of sugar, a tablespoonful of lemon juice. Return the pie to the oven and finish baking until the meringue is brown.

TO PREPARE PUMPKIN FOR PIES.

Instead of peeling and boiling pumpkins for pies, just cut the pumpkin in halves, clean out the seeds and place the pieces in the oven to bake. When tender, scoop the pulp from the shell and mash It is then ready for use. Pumpkin prepared this way is much sweeter and finer than when boiled. If you put the pumpkin in a neat pan, with just a little bit of water that scarcely touches the rind, and put the cover on, you will achieve splendid results from partly steaming, then finish with baking.

GREEN TOMATO PIE.

Peel and slice the green tomatoes and pour boiling water over them and let stand until cool, then drain. Line a pie plate with pastry; fill with the tomatoes, a half cupful of sugar, a tablespoonful of lemon juice, one of water, sprinkled with flour and dust with cinnamon; cut bits of butter over the top, cover with crust and bake.

CINNAMON CREAM TARTS.

Beat a teaspoonful of butter, add a half cupful of powdered sugar and a half teaspoonful of cinnamon in a bowl. Place a half dozen crackers which have been split and placed hollow side up in a baking pan, drop a spoonful of this mixture in each half and bake for two minutes in a hot oven.

CRANBERRY TARTS.

We are all more or less familiar with cranberry tarts. Sometimes the tart shells are filled with plain sauce, while pie crust is latticed across the top. A cupful of seeded and chopped raisins may be added by way of variation. Whole berries cooked in sirup may be used as a meringue top. If the uncooked berries are used they should be mashed and well sweetened before being placed in the crust. It requires from forty-five minutes to an hour to thoroughly make the tarts in this case.

CREAM CHEESE TARTS.

Make tart shells of pastry and fill them with a cream cheese, half a cupful of cream, a cupful of currants, three eggs beaten well and two tablespoonfuls of sugar. Bake for about half an hour.

LEMON AND ORANGE TART.

Grated rind and juice of one lemon, one-half cupful of butter, scant cupful of sugar, two eggs. Cook in double boiler till thickened, bake in puff paste shells without allowing to boil over.

ORANGE TARTLETS.

Grate the peel of one, add in order the juice of two oranges, one-half to three-quarters cupfuls of sugar, creamed with one tablespoonful of butter, one tablespoonful of corn starch, moistened with one tablespoonful of lemon or raspberry juice and one egg. Beat well and bake in puff paste.

RASPBERRY TARTS.

Incorporate one pound of self-rising flour and a pinch of salt with one-quarter of a pound of butter; add a pint of milk and two beaten eggs. Mix thoroughly, roll out thin, cut in circles and line buttered patty pans with them. Fill with raspberry jam or stewed raspberries. Bake in a hot oven for about fifteen minutes. Serve cold with whipped cream.

CREAM PUFFS.

One coffee cupful of boiling water and butter the size of a small egg; melt the butter in the water; while boiling stir in one cupful of flour, sifted. Use the same size cup for all. Stir thoroughly; when cool stir in two eggs one at a time, and a pinch of soda the size of a pea; beat well, then drop in tin far enough apart so they will not touch while baking. Bake in a very hot oven. This makes nine puffs. Filling for puffs: One cupful sweet milk, one egg, one teaspoonful of corn starch and sugar to taste; flavor with vanilla.

RASPBERRY ECLAIRS.

A delicious dessert for the fruit season is eclair or pastry puffs filled with a raspberry mixture. To make the filling, whip until stiff a half pint of cream. Stir in gradually a scant quarter of a pound of sugar and add three-fourths of a pint of raspberries which have been thoroughly crushed. Keep the mixture on ice a short time before serving.

WHITE POTATO PIE.

Pare and grate one large white potato, add the juice and grated rind of one lemon, one cupful of cold water, one cupful of white sugar, one-half teaspoonful of salt and the well-beaten white of one egg. Turn into a pie plate lined with puff paste and bake. When done cover with a meringue made of the beaten whites of three eggs, three tablespoonfuls of powdered sugar and flavored with a few drops of lemon extract. Brown delicately and when cool dot with bits of bright-colored jelly.

FILLINGS AND FROSTINGS

WHITE ICING—I.

One cupful of sugar, one-third cupful of water, two egg whites, one-half teaspoonful of vanilla. Boil the sugar and water until it threads. Pour the sirup slowly into the beaten egg whites and beat until cool enough to spread, then add the flavoring.

Note.—Other flavorings may be used; for example, one square of melted chocolate may be added for a delicious chocolate frosting.

WHITE ICING—II.

Take a cupful of granulated sugar and five tablespoonfuls of milk, stir and then boil five minutes without stirring. Place in a pan of cold water and beat until thick. Flavor with vanilla and use for cake frosting.

APPLE FILLING.

Grate one or two good, juicy, well-flavored apples, add a cupful of sugar and the whites of one or two eggs, depending upon the amount of apple pulp. Beat until light and firm, then put between layers of cake and on top. This filling may be flavored with a drop of almond and two or three of lemon extract. Cake filled with this mixture keeps moist for days and is good to the last piece.

BANANA AND APPLE JELLY FILLING.

Take a small glassful of apple jelly, the white of one egg unbeaten, one cupful of sugar and two sliced bananas; put all into a deep dish and beat with a wire whisk until light and foamy. Place between the layers of the cake and cover with whipped cream. It will be a popular cake.

COCOA FROSTING.

A frosting that will not break and always remains soft and easy to cut is made from two cupfuls of powdered sugar, one tablespoonful of butter, one tablespoonful of cocoa and enough boiling milk or coffee to make the frosting spread nicely. It usually requires three or four tablespoonfuls of milk or coffee.

COCOANUT CREAM FILLING.

Scald a cupful of milk in a double boiler, add two eggs beaten lightly, first adding a little of the milk to the eggs. Add a half cupful of sugar and a pinch of salt. Cook until thick, then set aside to cool. Whip a half cupful of heavy cream, add it with two-thirds of a cupful of grated cocoanut to the custard, stir until well blended, then spread on the cake.

SOUR CREAM FILLING FOR CAKE.

Boil a half cupful of sour cream and sugar together for five minutes, add the yolks of two eggs beaten well, a half cupful of chopped nuts and three-fourths of a teaspoonful of vanilla. Put in a double boiler and cook until thick and smooth. Cool and beat until thick enough to spread.

FIG FILLING.

Grind a pound of figs, add two tablespoonfuls of sugar and a cupful of water, cook until smooth, then add the juice of one lemon, beat well and when cold spread on layers of cake.

HICKORY NUT FILLING.

One cupful of sour cream, a cupful of sugar cooked until thick and a cupful of hickory nut meats added, makes a most delicious cake filling.

LEMON FILLING.

One cupful of sugar, two and one-half tablespoonfuls of flour, one egg, one teaspoonful of butter, grated rind and juice of two lemons; mix in order given; cook, stirring constantly till boiling point is reached.

ORANGE CREAM FILLING.

One-half cupful of sugar, two and one-half tablespoonfuls flour, grated rind one-half orange, one-fourth cupful orange juice, one-half tablespoonful of lemon juice, one egg slightly beaten, one teaspoonful of butter. Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading. If too thick add more orange juice or a little hot water.

ORANGE FROSTING.

Grated rind one orange, four teaspoonfuls of orange juice, one-half teaspoonful of lemon juice, yolk of one egg, confectioner's sugar. Add rind to fruit juices, let stand fifteen minutes. Strain and add gradually to yolk of egg slightly beaten. Stir in confectioner's sugar until of right consistency to spread.

PINEAPPLE FILLING FOR WHITE CAKE.

A cupful of grated pineapple with sugar added to whipped cream or even to a beaten white of an egg is a most dainty filling for any white cake and adds a delightful flavor.

RAISIN ICING.

One and one-half cupfuls of granulated sugar, one-half cupful of milk; boil until it forms a soft ball when dropped in cold water; take from fire and add one cupful of chopped raisins and beat until it becomes creamy.

CONFECTIONS

COCOANUT BRITTLE.

Remove the shell from a half a cocoanut and shred or shave it with a silver knife. Spread it on dishes in the open door of an oven until it is soft and elastic. Dessicated cocoanut can be used instead, but the fresh is better. Then boil a cupful of molasses and a cupful of sugar, brown or white; a teaspoonful of vinegar and a tablespoonful of butter. When this is cooked enough so that it is brittle when tested in cold water add the warmed cocoanut and pour into buttered dishes. Mark into squares when it is thick but before it is cold.

PEANUT BRITTLE.

Melt two cupfuls of sugar in a frying pan, stir until brown, then pour over a pan of shelled peanuts.

CARAMELS.

Mix two cupfuls each of chocolate, of milk, of molasses, of brown sugar and two-thirds of a cupful of butter together. Boil until it hardens in water, but just before it hardens flavor it with vanilla.

CHOCOLATE CARAMELS.

Cook four cupfuls of granulated sugar, one-half cupful of butter, one-half cupful cream and one-third cupful of grated chocolate from twenty to thirty minutes, or until the mixture forms a very firm ball when a little of it is tested in cold water. When nearly done add two teaspoonfuls of vinegar, flavor with vanilla. When done pour into buttered pans and when cool cut into squares.

ICE CREAM CANDY.

To a pint of water add a pint of sugar and two tablespoonfuls of vinegar; boil until it hardens to a firm ball, pour on buttered plates and pull when cool.

PULLED CREAM CANDY—I.

Take a pound of sugar and a half cupful of hot water, a tablespoonful of butter, a half teaspoonful of cream of tartar and a tablespoonful of vinegar. Boil until a drop in cold water cracks. Pour on buttered pans and cool, then pull.

PULLED CREAM CANDY—II.

Dissolve five cupfuls of sugar in a cupful of boiling water and cook without stirring until it forms a soft ball when dropped in cold water. Add a cupful of sweet cream and cook until it hardens when dropped in water. Add a half teaspoonful of vanilla and turn into a buttered tin until cool enough to pull. After pulling cut in pieces and set away in air-tight jars to become creamy.

WALNUT CREAM CANDY.

Cook together three cupfuls of sugar, one-half cupful of corn sirup and a cupful of cream. Drop in a bit of water, and if it makes a firm, soft ball, remove from the heat and add a teaspoonful of vanilla; stir when cool and add a cupful of chopped nuts, spread on buttered pans and mark off in squares.

DELICIOUS FUDGE.

Boil without stirring two cupfuls of sugar and a quarter teaspoonful of salt and one cupful of milk. When a bit dropped from a spoon makes a firm, soft ball in water remove from fire and place in pan of cold water, adding two tablespoonfuls of butter and two ounces of Baker's chocolate. When cool the chocolate and butter will be melted. Beat till creamy; pour on buttered dish and mark into squares.

MAPLE FUDGE.

To two cupfuls of sugar add a half cupful of maple sirup, one-half cupful of milk, a third of a cupful of corn sirup and two tablespoonfuls of butter. Cook until a soft ball forms when dropped in cold water. Take from the fire and cool, then stir until creamy. Put in a pan and cut in squares.

HONEY CANDY.

To make honey candy, put half a pound of honey into a saucepan, add half a pound of sugar, one tablespoonful of cream and a dessertspoonful of cold water; then mix and stir well. Allow to stand for one hour. Put over a moderate fire and cook, stirring gently until it is stiff enough to pull. Pour into buttered tins. When cool enough to handle pull and cut into small pieces.

TO KEEP MARSHMALLOWS.

To keep marshmallows fresh for an indefinite length of time place them in a glass jar used for canning. Put in a slice of bread about one inch thick and seal tightly. When bread is very dry put in a fresh piece.

MARSHMALLOW GINGER.

The flavor of ginger is particularly good in combination with marshmallows. A novel sweet for the dinner table is made by cutting marshmallows in halves crosswise and inserting in the center of each cut a wedge-shaped piece of crystallized ginger. Place in circles on flat bonbon plate. Small cakes covered with white icing can be decorated in similar style.

PENUCHE—I.

Take two pounds of brown sugar, add six ounces of butter and cook together seven minutes, stirring constantly; add half a pound of peanuts which have been rolled until like coarse crumbs. Put in a buttered pan and mark off in squares.

PENUCHE—II.

One pound brown sugar, water enough to moisten, small piece of butter. Cook until it hardens in water. Take from fire and set in cold water until it is about lukewarm, add broken nut meats (pecans are best). Beat until creamy and pour into buttered pans.

PEPPERMINTS.

Boil two cupfuls of sugar and one cupful of water without stirring until the sirup threads from the spoon. Remove from the fire and beat with an egg whip until white and creamy, flavor with one-half teaspoonful of essence of peppermints (less if you do not like it so strong) and drop in wafers on waxed paper to harden. You can make chocolate peppermints by dipping the cream into melted chocolate. Wintergreen, lemon, orange and other flavors may be used for the mints.

BUTTER TAFFY.

Boil three cupfuls of brown sugar, one-half cupful of molasses and one-fourth cupful each of vinegar and hot water. When the candy will crack when tested in cold water add two teaspoonfuls of butter, cook three minutes, flavor with a teaspoonful of vanilla and cool in buttered pans till it may be pulled.

MOLASSES CANDY.

Cook two cupfuls of molasses (or sirup), one cupful of granulated sugar and one tablespoonful of butter until the mixture hardens when tested in cold water, remove from the fire, add a pinch of soda, flavor with vanilla, pour onto plates and when cool pull until light colored.

VINEGAR CANDY.

Cook three cupfuls of sugar, one-half cupful of water, one-half cupful of vinegar, without stirring, until the mixture is brittle when tested in cold water; remove from the fire and add one-fourth teaspoonful of soda, flavor with vanilla; pull until perfectly white.

SALTED ALMONDS.

Pour boiling water over shelled almonds. Let stand until the skin will fall off. Pour over two teaspoonfuls of good olive oil and one teaspoonful of salt; let stand in a bowl two hours. Put into a dripping pan and brown in a moderate oven, stirring often.

POPCORN BALLS—I.

Cook one pint of sirup, one pint of sugar, two tablespoonfuls of butter and one teaspoonful of vinegar until the sirup hardens when dropped into cold water. Remove to the back of the stove and add one-half teaspoonful of soda dissolved in a tablespoonful of hot water and then pour the hot sirup over four quarts of freshly popped corn, stirring till each kernel is well coated, when it can be molded into balls or into any desired form.

POPCORN BALLS—II.

Two cupfuls of best molasses, one cupful of brown sugar, butter size of an egg, one tablespoonful of vinegar. Boil until thick and soft and pour over warm, salted corn and make into balls.

POPCORN BALLS—III.

Make a sirup by boiling together two cupfuls of granulated sugar and one cupful of water. Boil until the sirup strings from the spoon or hardens when dropped into cold water. Pour over six quarts of freshly popped corn and stir well.

CHOCOLATE POPCORN BALLS.

Put two teaspoonfuls of white sugar, one-half of a cupful of corn sirup, two ounces of chocolate and one cupful of water into a kettle and cook them until the sirup hardens when put in cold water. Pour over four quarts of crisp, freshly popped corn and stir well to insure the uniform coating of the kernels.

MEXICAN, SPANISH AND OTHER DISHES

CHINESE SALAD.

Equal parts of cold macaroni cut into small bits, minced ham, lobster and cold-boiled carrots, chopped. Mix well and add some good mayonnaise dressing, with a few capers.

CHOP SUEY—I.

Let a cupful of dried beans sprout and use these sprouts with two pounds of lean pork; cut in small cubes, which have been dredged in flour and browned in hot fat; add one minced onion, two small bunches of celery, and with the seasonings, cover with boiling water and simmer until tender. Just before serving add a tablespoonful of Worcestershire sauce.

CHOP SUEY—II.

Take two chicken livers and two gizzards, an ounce of green root ginger, three stalks of celery and a pound of young pork, cut into small pieces. Saute this in a frying pan, adding from time to time four tablespoonfuls of olive oil, one of vinegar, a tablespoonful of Worcestershire

sauce, half a cupful of boiling water, a dash of powdered cloves and salt and pepper to taste. Just before it is cooked add a cupful of small mushrooms and one of bean sprouts.

POLENTA—I.

The great national dish of Italy is polenta, which is nothing more than common mush, made from white corn meal. It is cooked in boiling salted water, then put into a dish to cool. It is sliced and fried in olive oil or drippings and is often served with tomato sauce.

POLENTA—II.

Into three pints of fast boiling water put a tablespoonful of olive oil and a pinch of salt, sprinkle in gradually one pint of corn meal, stir and cook until smooth, then allow to cook two hours or longer. Stir occasionally, and cook in a double boiler; then there is no fear of scorching. Have ready some thickened gravy and a half pint of strained thickened tomato. Fill a baking dish with the cooked mush, gravy and tomato, alternating them in layers. Sprinkle the top layer with grated cheese, place in the oven and cook until brown.

ITALIAN TAGLIATELLE.

Make a good paste with flour and eggs, roll it out thin and cut into strips half an inch wide; parboil in salt water. Cut a slice of ham in cubes, mince the same amount of carrots and celery and put them in a pan with butter. Add strained tomatoes or tomato paste and a cupful of broth. Serve in a hot dish all together, the paste seasoned with grated cheese.

SALADA A LA CREOLE.

Two solid, ripe tomatoes, two sweet green peppers or one green and one yellow pepper, a Spanish onion and plain French dressing, with crisp, tender lettuce. If you cannot get the yellow peppers see if you cannot get yellow (large) tomatoes in order to get a genuine Spanish combination of colors. Slice the vegetables thin, throwing the onion and pepper in ice water for half an hour. Drain and arrange in alternate layers on the bed of lettuce. Sprinkle a few chopped, pickled nasturtiums or a chopped truffle over the whole and do not add the dressing until salad is served.

TOMATOES A LA INDIAN.

Cut rounds of bread and saute in butter until brown on both sides. Cut firm tomatoes in thick slices, two for each slice of bread. Shape a good-sized green pepper into strips, dip in boiling water, then drop into ice water. Wipe the tomatoes and fry in hot butter. Lay a slice of each on a slice of bread, season well and sprinkle with the pepper, cover with another slice of tomato. Garnish with parsley and the yolk of an egg hard cooked and put through a ricer.

JAPANESE OTAMA.

Slice a sweet green pepper with seeds removed, add an equal quantity of Spanish onion and green tomato. Put some fresh dripping or sweet beef suet in a stewpan, adding a little hot water. Then put in the vegetables, cover closely and stew gently for an hour. Stir often enough to prevent burning, and serve very hot.

CITY OF MEXICO CANDY.

Take two cupfuls of light brown sugar, one cupful of cream, one-half cupful of hot water. Boil these together until the mixture will form a soft ball when tested in water. Then remove from the stove and stir in a pound of English walnuts, well chopped, and teaspoonful of vanilla. This should be spread about one inch thick in the cooling pan.

MEXICAN RICE.

Put a half cupful of rice into a hot frying pan with a tablespoonful of olive oil. Roast until the rice is brown and add four or five chopped or canned tomatoes, with two teaspoonfuls of chili pepper pulp. Pour in a cupful of water and simmer until the rice is soft.

MEXICAN SALAD.

Cut one alligator pear in half, remove the pit and pare it. Fill it with heavy mayonnaise, to which plenty of chopped walnuts have been added to make it thick. Lay on white lettuce leaves and garnish with segments of grape fruit and heap some mayonnaise in the center.

MEXICAN TOMATO SALAD.

Rub a salad bowl with a cut clove of garlic. Line the bowl with lettuce and lay in a few slices of tomato, cover with chopped green pepper, a teaspoonful of onion and a dozen chopped olives. Pour over a French dressing of a tablespoonful of vinegar to three of oil, season with salt, pepper and a dash of celery salt. Serve well chilled. Cucumbers may be added in place of the olives if so desired.

MEXICAN TAMALES—I.

Prepare fricasseed chicken by cutting the fowl into sections, dredging with flour and browning in hot drippings. Make a sauce of a quart of tomatoes, tabasco sauce or minced red pepper and stew the chicken in this mixture. Make a thin corn meal mush by using chicken stock with corn meal. Carefully strip the husks from green ears of sugar corn, spread each husk with a layer of the mush. In the center pack two or three pieces of the chicken and pepper sauce. Tie the husks together with strips of corn husks and cook in a steamer for two or three hours.

MEXICAN TAMALES—II.

Thicken highly seasoned beef broth with corn meal; cook slowly for an hour, being careful not to scorch. Meanwhile chop boiled beef and a large onion. Add six tablespoonfuls of tomatoes, salt and pepper and mix well. Take two strips of muslin twelve by twenty inches, wet them and upon them spread a thick layer of the corn meal mush, then add the seasoned meal, roll up and tie each end securely and drop in a steamer. Cook for a half hour. Serve with tomato catsup. Chicken and chicken broth may be used and will make a more appetizing tamale.

ORIENTAL DISH.

Cook a half tablespoonful of sliced onion in three tablespoonfuls of olive oil, add a cupful of tomato, a chopped green pepper, a teaspoonful of salt and a can of green beans. Cook until the onions are tender.

SPANISH BEANS.

Soak over night two cupfuls of pink beans, and in the morning boil them until tender. Boil three sweet red peppers and put them through a sieve. Fry three slices of bacon until brown, then add the pepper pulp and one green pepper that has been minced fine and one shredded onion. Then put in the beans, adding plenty of juice, a little salt and some grated cheese. Cook together thoroughly.

SPANISH BUNS—I.

One and one-fourth pounds of flour, one pound of sugar, half pound of butter, four eggs, a teacupful of cream or milk, warmed sufficiently to melt the butter; a tablespoonful of rose water, two of wine, a grated nutmeg. Make into buns and bake.

SPANISH BUNS—II.

Soften two-thirds of a cupful of butter and add two cupfuls of sugar, one cupful of sour milk and four well-beaten eggs, two teaspoonfuls of baking powder, cupful of chopped raisins, a teaspoonful of cloves and

two of cinnamon. Bake in a large flat tin and ice while warm. Do not be afraid to use the baking powder with the sour milk; the flavor is delightful.

CHILI CON CARNE—I.

Boil until tender one pound of small red chili beans. Just before they are quite done add one onion and one clove of garlic finely chopped. There should be at this time in the dish about three pints of water; add seasoning of chili powder and a teaspoonful of salt. Chop a pound of suet, let cook to try out the fat, remove the bits and add a pound and a half of chopped steak or hamburger. Stir for a few minutes, then add to the beans and let cook several hours.

CHILI CON CARNE—II.

Slice one large onion and fry it in drippings until yellow, then add two pounds of beef which has been cut in inch cubes, rolled in flour and well seasoned; add one can of tomatoes, two large green peppers, chopped, and a few dashes of red peppers; season with salt, cover with boiling water, and simmer until tender. Add half cupful of cooked kidney beans to the stew and put another half cupful through a sieve and add to it, to thicken it. Serve very hot.

SPANISH SALAD.

Three pounds meat boiled, five ripe tomatoes, four red peppers, one can French peas, one can mushrooms, three large potatoes, one teaspoonful salt, one onion, one quart hot water, boiled rice. Arrange attractively upon a large platter or upon individual salad plates. The salad will serve from six to eight persons.

CHAFING DISH RECEIPTS

CHAFING DISH suppers are so popular that a few well-tried receipts have been placed in this special section; other dishes, to be found among the soups and vegetables, may also be used for such occasions.

WELSH RAREBIT.

Welsh rarebit is one of the most attractive of chafing dish receipts. The receipt is to be found with other cheese receipts.

CHEESE AND BEAN RAREBIT.

Melt two tablespoonfuls of butter in half a cupful of hot milk, add one cupful cold baked beans pressed through a strainer, one-half teaspoonful salt, one-fourth teaspoonful paprika and a grating of onion. When the mixture is thoroughly heated add three-fourths of a cupful of soft cheese, finely cut, and a teaspoonful table sauce. Stir until the cheese is melted. Serve on crisp toast.

EGG AND CRAB RAREBIT.

Take three spoonfuls of flake crab meat, warm it in cream, beat four fresh eggs in a bowl, season to taste with celery salt and pepper, toss in the pan; then toss in your crab flakes and cream and scramble while cooking.

SHRIMP RAREBIT.

Allow one-half of a cupful of butter to melt in the blaze of a chafing dish and add the contents of two five-ounce cans of shrimps. The shrimps should have the intestinal vein removed and then should be cut into uniform cubes. To this add one-half cupful of milk and when scalding add two egg yolks and whites beaten together. Stir this constantly so the mixture will be smooth, and season highly with salt, white pepper and red pepper. Serve hot on toasted salted wafers or on rounds of toasted bread.

TOMATO RAREBIT.

Put a tablespoonful of butter into a saucepan and when bubbling hot add a tablespoonful of flour; when smooth add a cupful of tomato puree (strained tomato). Cook for a few minutes until smooth, then add a half cupful of grated cheese, and when melted a half cupful of milk, mixed with a beaten egg. Season well and serve on salted wafers.

CREAMED EGGS.

Cut into small dice three hard-boiled eggs and thoroughly heat in a delicate white sauce. A receipt for white sauce may be found under unsweetened sauces. Serve on toasted crackers or on toasted bread, garnishing with a sprig of parsley and a dash of paprika.

SHRIMP WIGGLE.

Make a white sauce according to the receipt under unsweetened sauces, and heat in it a half cupful of canned peas and a cupful of diced shrimps, from which the intestinal vein has been removed. When thoroughly hot serve on toast, each portion topped with a small piece of butter and a dash of paprika.

LOBSTER A LA NEWBURG.

Melt one-half of a cupful of butter in the blaze of a chafing dish and add the shredded flakes of a cupful of canned lobster. When the lobster flakes are coated with butter add one-half a cupful of rich milk and allow it to scald. At this point stir in carefully two beaten eggs and salt and black and red pepper to season highly. When the mixture has thickened serve at once upon rounds of delicately toasted bread.

OYSTERS A LA NEWBURG.

For this dish three dozen oysters, a cupful of cream, four tablespoonfuls of butter, three hard-cooked egg yolks, lemon juice and salt, will be needed. Put the butter in a chafing dish or saucepan, add a tablespoonful of flour and stir until smooth. Rub the yolks of the eggs with a little of the cream, add them with the cream to the mixture, then the oysters and seasoning. Cook until the oysters are well curled, add lemon juice to taste and serve very hot.

INVALID COOKERY

BARLEY WATER.

Wash two tablespoonfuls of pearl barley, scald with boiling water, boil five minutes, add two quarts of cold water, simmer till reduced one-half. Strain, add lemon juice to taste. Good in fevers.

BEEF BROTH—I.

Beef broth is one of the best remedies for constipation in children. Use one pound of lean boiling beef; cover with cold water; salt; let cook slowly three or four hours, until the meat is nice and tender, then set aside to cool. When cold, skim off all the fat, strain, and give a cupful just before the meal, or use toast in it for the meal. This makes a good meal, and will not hurt the most delicate stomach.

BEEF BROTH—II.

Cover lean beef, chopped fine, with cold water and boil until the meat falls to pieces. Strain through a colander and let the broth stand until cold. Remove any traces of fat on top. Heat, season with salt and a little pepper and serve with small squares of dry toast.

BEEF TEA—I.

Take one pound of lean beef cut into small pieces. Put into a jar without a drop of water, cover tightly and set in a pot of cold water

Heat gradually to the boiling point and continue this steadily for three or four hours, until the meat is tender and the juice is all drawn out. Season with salt to taste, and, when cold, skim. Reheat for serving.

BEEF TEA—II.

Chop very fine one pound lean beef round. Cover with one-half pint cold water. Stand in cold place one hour. Set over hot water, stir till liquid begins to turn color. Strain, add pinch salt, reheat, set cup in pan of hot water.

BEEF OR MUTTON TEA.

Cut into small pieces one pound of beef or mutton or a part of both. Boil it gently in two quarts of water. Take off the scum and when reduced to a pint strain it and season with a little salt. Give one teacupful at a time.

EGGS FOR AN INVALID.

Beat the yolk and white separately until very light, add a pinch of salt, put into a cup which should be set in a saucepan of hot water, stirring constantly until scalded, but not cooked. The cup will almost be filled with creamy custard. Then set in the oven a moment and serve at once.

CORN MEAL GRUEL.

One tablespoonful of sifted corn meal wet in cold water. Have one quart of boiling water in a kettle, dip a spoonful of the thin batter into the water, stir, let it boil up, then add more batter until the gruel is of the right consistency. Let it boil twenty minutes or more. Salt to taste. In large quantity corn meal gruel should cook from three-quarters of an hour to an hour. For serving add cream and, if allowed, a little sugar.

PRUNE SOUP.

Wash and soak a pound of prunes in three pints of cold water. Next day place over a slow fire, and when steaming add one lemon, washed and cut without paring, into the thinnest of slices, a stick of cinnamon, one inch long, and cook below the simmering point until the prunes are tender but unbroken. There should be fully three pints of water when the prunes are done. Add three tablespoonfuls of sago, a little salt and sufficient sugar to sweeten; cook until the sago is transparent. Remove the cinnamon, add a cupful of grape juice, and serve when hot.

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